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Calgary Flames' Mike Cammalleri is smiling and so are hockey fans, because this weekend the NHL gets back on the ice for regular season games. Check out our NHL preview, pages 38-42. JEFF MCINTOSH/THE CANADIAN PRESS

Hundreds flee city hospitals each year: Data

Remedy sought. Police working with health officials to improve patient safety measures

JEREMY NOLAIS
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Calgary police have begun working closely with provincial health officials to cut down on hundreds of missing persons files generated from city hospitals every year.

On Thursday a public alert was issued after 35-year-old Adentunji Ajayi, who suffers from schizophrenia, did not return to the Foothills Medical Centre after being granted a day pass.

In 2011, more than a patient per day inexplicably fled city hospitals according to data provided to Metro. That number decreased about 20 per cent in 2012.

Police staff Sgt. John Hebert said hospitals are generally located near transit stations and have running cabs waiting out front.

"If a patient comes out in regular clothes and goes out and hops on a bus, in 15 minutes they can be anywhere in the city — or at the airport," he said.

During a presentation to AHS officials, police said a patient travelling on foot could reach Calgary's eastern city limits from the Peter Lougheed Centre in under two hours.

Hebert noted that while the majority of patients reported missing do turn up or eventually return to hospital, many suffer from some form of mental illness, which can put their safety — and potentially that of others — at risk.

The body of a 68-year-old dementia sufferer was found in the Glenmore Reservoir last July after he walked away from Rockyview General Hospital. In response, officials introduced a program at the hospital that saw yellow bracelets put on dementia patients to serve as a visual identifier.

AHS spokesperson Bruce Conway said the organization remains committed to patient safety but the right to privacy must also be respected.

"Hospitals are there to provide care to patients — they're not prisons ... with that said, certainly we're always concerned when patients leave our facilities without our knowledge," he said.

Gone missing

Patients reported missing from Calgary hospitals each year:

- 2012: 305
- 2011: 386
- 2010: 279
- 2009: 281
- 2008: 294

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Epidemic. MLA lends a hand on EMS frontlines

Pressures on Calgary's ambulance service as a result of widespread illness outbreaks led one city MLA to roll up his sleeves and return to his past calling for a night.

Calgary Southeast representative Rick Fraser worked as a paramedic for nearly a decade before moving into public office, and still grabs a shift here and there. But a recent spike in calls and backlogs in emergency rooms — attributed largely to outbreaks of influenza and norovirus — left Fraser itching to lend a hand. On Wednesday night, he worked a full shift in the city's northeast quadrant and still found the energy to climb out of bed and return to his government post on Thursday morning.

"There's been some pressures around some hospital waits and ambulance levels," he said.

Alberta Health Services noted a 15 per cent jump in call volume in December. And health-care staff do not appear to be out of the woods, either. Dr. Judy MacDonald, the Calgary-zone medical officer of health, said Thursday that two new illness outbreaks were confirmed last week, and a public alert urged people to steer clear of crammed hospitals unless they have serious symptoms such as shortness of breath or dehydration.

"I think it's too early to say whether we are on the downswing," MacDonald said. "This is still in the middle of influenza season."

Fraser, meanwhile, compared the ambulances operating in the city to Cadillacs, extolling features such as top-tier medical technology and highly trained staff.

"I can tell you that the paramedics always do an excellent job. I am just always amazed every time I go in there and see the extraordinary care provided." JEREMY NOLAIS/METRO

Harold Crowchild. Last Treaty 7 veteran dies

The last remaining Tsuu T'ina Nation veteran of the Second World War has died.

Harold Crowchild was born on March 18, 1915, and died on Jan. 12. A release from the Tsuu T'ina Nation says Crowchild was also the last Treaty 7 war veteran and also a respected nation elder.

Chief Roy Whitney acknowledged Crowchild's contributions and said it was a "sad day" for the Tsuu T'ina Nation.

According to his obituary, Crowchild served in the 4th Canadian Armoured Division during the war, fighting campaigns in the U.K., France, Holland and Germany.

Harold Crowchild CONTRIBUTED

METRO

Inquiry. Nurse who gave flu shots worried vaccine would otherwise spoil

An Edmonton nurse administered pandemic-flu shots to staff, friends and relatives because she didn't want the vaccine to go to waste.

Susan Smith has told the provincial queue-jumping inquiry that the city's mass public clinics had closed for a few days in 2009, owing to a national shortage of the H1N1 vaccine.

She said some mixed, already-open vaccine vials were in a refrigerator at the Boonie Doon Public Health Centre, but they were soon going to go bad. She decided to give some of the remaining vaccine to 15 people, eight of them children. She said she felt it was the right thing to do and didn't tell any managers.

At the time, thousands of people were waiting in line for hours at clinics to get the shots.

THE CANADIAN PRESS

Text-to-911: Province may allow emergency texting

New fee. Cellphone users to pay 44 cents a month to help cover costs of 911 call centres

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Don't text 911 just yet, but the province is exploring adding on such an option in the future, Municipal Affairs Minister Doug Griffiths said on Thursday.

Griffiths said emergency texting is one of many technologies that will become more readily available with the implementation of a proposed 44-cent fee that would be tacked on to the monthly cellphone bills of all Albertans.

"I know with my wife, if somebody was to break into my house, she may not be able to get to the phone and call — or what if they cut the landline?" Griffiths said.

The technology would also be of benefit to hearing-impaired and deaf Albertans, he said.

Christina Smith, executive director of the Deaf & Hard of Hearing Society of Alberta, said 20 per cent of people living in the province suffer from some degree of hearing loss and two per cent are deaf.

"Right now, all they (deaf people) can do is dial 911 and leave the phone off the hook," she said.

In 2012, up to 70 per cent of 911 calls were made from cellphones, Griffiths said. Landline users in the province already pay the 44-cent fee.

It all adds up

- The 44-cent charge for Alberta cellphone users could bring in as much as $16 million a year, Municipal Affairs Minister Doug Griffiths says.
- The fee has to be approved in the Alberta legislature.

The province is proposing that a 44-cent monthly fee be tacked on to cellphone bills. ROBSON FLETCHER/METRO

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Ways to beat the winter blues

The Christmas holidays are long gone, you're back at work, there's still snow in the forecast and, frankly, you're fed up with winter. Here are five ways Calgarians can beat the January blues.

COMPILED BY LISA WILTON
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1 Party with the Penguins

Get some inspiration from the Calgary Zoo penguins. The zoo brought in the penguins about a year ago and they've since become one of its most popular attractions. These flightless birds thrive in Antarctic-style cold weather and happily waddle around the zoo grounds three times a week. Go to www.calgaryzoo.com to find out days and times.

2 Catch a wave indoors

If a family trip to a warm beach isn't financially practical at the moment, take the kids to one of the city's two wave pools, located at Southland Leisure Centre and Village Square Leisure Centre. OK, so it's not exactly the same thing, but the pools' gentle waves are the closest you're going to get to the ocean in this landlocked town.

3 Chill out in Devonian Gardens

When Calgary's not covered in the white stuff during the winter months, the colours range from dark and medium brown to a lighter shade of brown. You could spend $400 on a flight to Vancouver to see some greenery, or take a wander over to the newly renovated Devonian Gardens for a 30-minute winter getaway. The complex, which covers 2.5 acres, features a 'living wall' and exotic Koi ponds.

4 Shake off the cobwebs

Exercise is a big part of beating the winter blues. But if the gym isn't your thing, maybe a dance floor is. There are plenty of classes in Calgary where you can try such styles as African, Bollywood, hip hop and ballet at companies including Decidedly Jazz and Alberta Ballet.

5 Laugh it out

Calgary's full of funny folks and smart asses and many of them can be found cracking one-liners at the city's comedy clubs and open mic nights. The Laugh Shop, Yuk Yuk's and The Comedy Cave are the three main locations to find local, national and international talent, but amateur nights at Broken City on Mondays and the Oak Tree Tavern on Wednesdays are worth checking out, too.

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Autism Calgary launches a new job program

Employment. Project aims to help autistic people land work

ROBSON FLETCHER
robson.fletcher@metronews.ca

Connecting autistic people with Calgary employers looking to fill jobs that demand repetition and attention to detail is the goal of a new project in Calgary.

"In many ways, people with autism are really, really valuable employees," said Maureen Jensen-Fitzpatrick, a community collaboration co-ordinator with Autism Calgary. "They are very, very focused on doing the absolute best job possible."

The problem, Jensen-Fitzpatrick said, is not all work environments are tolerable to people on the autism spectrum, as they "experience the world differently" and often have sensitivities to light, sounds or touch.

Sinneave Family Foundation president Tom Collins. ROBSON FLETCHER/METRO

That's why Autism Calgary is in the process of incorporating a non-profit consulting company called "With Precision" aimed at providing technical services to companies that can make use of the special skills of autistic workers.

The project is supported by the Sinneave Family Foundation, which is providing nearly $100,000 in funding.

Foundation president Tom Collins said the project will complement the vocational component of its existing Ability Hub, which helps people with autism develop workplace skills.

Collins met with Canada Safeway on Thursday to discuss employing autistic workers. He has also explored partnerships with London Drugs, SAIT and Toys "R" Us.

"When you've got very low levels of unemployment, looking for alternative workforces is something I think employers in Alberta generally are prepared to consider," he said.

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WASTING DISPOSABLE INCOME IN CALGARY

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

According to Stats Canada, in 2010, Calgary was the second richest city in Canada, behind only Ottawa, (which, it should be noted, is in some ways run by a Calgarian.)

In Canada's eyes, most Calgarians are doing pretty well. But what they don't see is how often we waste money.

On Tuesday, Oprah will be bringing her unique brand of inspiration to the Saddledome. Ticket sales have been very steady, even though prices range from $121.95 to $414.00, plus the $20.75 in service charges. I used to rush home almost every day to watch Oprah, so I get the excitement over seeing her live.

What I don't get and, ultimately, why I'm not going to the show, is the price. With Forbes estimating Winfrey to be worth $2.7 billion, why else besides greed is the talk show host alienating the very people that helped her amass her fortune by charging so much? For some Calgarians, dropping a couple hundred dollars is not a big deal, but for many, it's practically impossible.

But before Oprah, this weekend sees the return of The Wedding Fair. Now, I know what you're thinking, "Didn't that just happen?" Nope, you're probably thinking about the Calgary Bridal Expo, Bridal Fantasy, or the Bliss Bridal Show, all of which are seemingly designed to milk you of your money, all while they help you plan a wedding that inevitably looks like every other one.

Not to be harsh to the brides-to-be, but do you really need expensive help to plan the same wedding we've all seen a hundred times? Save your money, take some time to plan a thoughtful and economical ceremony and most importantly, have an open bar.

Oprah at the Saddledome

What I don't get and, ultimately, why I'm not going to the show, is the price. With Forbes estimating Winfrey to be worth $2.7 billion, why else besides greed is the talk show host alienating the very people that helped her amass her fortune by charging so much? For some Calgarians, dropping a couple hundred dollars is not a big deal, but for many, it's practically impossible.

Then there's the people who rushed out and bought tickets to the Flames super short season, even though there is no discount on tickets. While some were wooed by the fluffy offer of 50 per cent off merchandise up until the end of the first game or the 50 per cent off on all food at the 'Dome for the first two games. I have to admit, I just don't get it.

I have to wonder: Why aren't fans more upset and why don't fans think they deserve more? You know how our parents tried to teach us not to "give it up" on the first date? Well that's exactly what a slew of Calgarians did this week. This isn't Stampede, you can wait.

I'm not implying that you should wait the whole season, but just a few dates … I mean games. The NHL needs your money, so in the end your wallet will win, even if your team doesn't.

So yes, Calgary, you may make a lot of money. But, with that it seems there's an awful lot of waste.

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Bride-to-be Ashley Perreault, 26, tries on a Romona Keveza wedding gown at Cameo & Cufflinks 1324 -11th Avenue S.W. This dress retails for $4,390, the veil for $480, bracelet for $120, necklace for $310 and belt for $875, all before tax, for a total of $6,175, without shoes. CANDICE WARD/FOR METRO

Sparing no expense. Weddings can be as lavish as you want

LISA WILTON
calgary@metronews.ca

Money can't buy happiness, but it'll sure help you throw one heck of a party.

And when it comes to extravagant weddings, the sky's the limit if you have deep pockets

Well, almost.

"There are limitations with the law," says Calgary wedding planner, Lynn Fletcher.

"And ethics."

This means a spectacular Stampede-style display of fireworks is a no-no within city limits, and exotic animals roaming around the reception are generally discouraged.

"One couple wanted to have a live tiger, and we had a groom who wanted to give the bride a horse as a gift during their wedding ceremony," Fletcher recalls.

"But the SPCA wouldn't be happy having a large animal like that in a wedding venue."

She says most requests are reasonable, but can take time to organize. She recommends couples who want a more extravagant wedding to start planning at least six months ahead.

"We like to walk them through the process so they're not overwhelmed by the whole thing," says Fletcher, who has worked in the wedding industry for almost 14 years.

Having an experienced and capable planner is essential for an expensive and complex wedding according to one Calgarian, whose nuptials cost more than $150,000.

Don't look a gift horse in the mouth

"We had a groom who wanted to give the bride a horse as a gift during their wedding ceremony."
Wedding planner Lynn Fletcher

"It was a huge production," recalls Min Ryder, one of Fletcher's former clients.

"With the amount of stress and things that could go wrong, you need some help.

It took us about a year to plan. Other women I know were planning their weddings at the same time and were going through hell trying to organize them."

A superior high-end wedding in Calgary can cost upwards of $100,000, and Fletcher has been involved with nuptials ranging in the $3 million and $4-million mark.

Last year, she helped oversee a wedding reception in Springbank, which featured Elton John as the surprise entertainment.

"That was a very special one," Fletcher says with a laugh.

Amira Harris of Posh Productions says while many couples are scaling back on the number of people they invite, most of her clients are still willing to splurge on certain aspects such as food, wine or decorations to make their weddings memorable.

"People are really thinking out of the box these days," says Harris.

"Back in the day, it used to be just hotel or community centre weddings, but now people are getting married or having receptions in art galleries, restaurants, tents out on acreages. They're not having the usual cookie-cutter weddings."

She says some couples are renting luxury sports cars such as Ferraris and Lamborghinis to arrive in style.

"There are very extravagant weddings in this city," says Harris, who is regularly hired for weddings that surpass $1 million.

"There's a lot of money here."

Pricey nuptials worth every penny

Min Ryder walked down the aisle under twinkling stars and through a maze of trees.

But her wedding wasn't held outdoors.

Instead, Ryder had wedding planner Lynn Fletcher and her decorators transform the bright, business-like event room at the Westin Hotel into a midsummer night's dream.

"It was beautiful," says Ryder of her nuptials.

"There were lovely lighting patterns on the wall and floor and white trees. It looks like a wedding wonderland."

Ryder's reception featured a full ice bar and a midnight poutine and ice cream bar.

The entire wedding cost more than $150,000 — including $4,700 for a designer gown by Matthew Christopher and mini-paintings by local artist Jason Gogo for 220 guests — but she says it was worth every penny.

"I don't want to toot my own horn, but two years later people are still telling me it was the best wedding they've ever been to," she says. LISA WILTON/FOR METRO

That's a lot of pennies

$150K
Total cost of Min Ryder's wedding.

Ka-ching!

You better have deep pockets if you want an extravagant wedding. Here are just some of the costs you'll encounter:

$10K+ Cost of an experienced wedding planner to help your big day go as smoothly as possible.

$10K+ Designer wedding gown, shoes, veil/fascinator, plus professionally done makeup and hair.

$800+ High-quality groom tuxedo.

$2,400 Rental fee for the Fairmont Palliser's Alberta Ballroom for wedding ceremony.

$495 Cost of 'Diamond Package' from ministersforweddingsalberta.com. Includes consultation, rehearsal, ceremony and registration.

$26K Reception at Fairmont Palliser's Crystal Ballroom Includes dinner, wine, bar service, wedding cake and venue rental.

$20K+ Elaborate exotic flower arrangements.

$20-80K Extra lighting. You'll have to shell out for extra fancy lighting design if you require more than a spotlight and disco ball.

$50K+ Decorating costs. You got the cash, you can make a bare conference room look like Buckingham Palace.

$11K Guest gift bags.

$2,200 Three aerial silk artists performing for five minutes each.

$2,500 Two nights in the Fairmont Palliser's Heritage Suite.

$3,900 Bride and groom 1.00 carat white gold diamond wedding rings from Ben Moss Jewellers.

$1,500 Professional photographer.

For poorer...

How to get hitched on a budget. You don't have to be rich to get married in style

LISA WILTON
calgary@metronews.ca

Some people don't see the need to spend a fortune in their wedding, it's all just about the special day as a couple. CANDICE WARD/FOR METRO

Cheap and cheerful is the way to go for many Calgary couples looking to get married.

There isn't much point in spending thousands of dollars on one day of fun if it means years of paying off wedding debt.

"I always thought our money would be better spent on the necessities of starting a life together," says Shauna Kachersky, who managed to keep her wedding to husband Matt under $3,000.

"We'd rather spend money on a vehicle or a down payment for a house."

Kachersky married in a 100-year-old church at Heritage Park and held a barbecue for 25 friends and family on the grounds.

"It was personal and easy," she says. "I've heard horror stories about wedding planning but mine was completely planned in one appointment with the venue, organist and minister. I was able to enjoy the fact I was getting married and not stress about budgets."

By ordering a $100 dress from a Vancouver shop, Kachersky was able to knock out one of the main expenses of a wedding. The downside, however, was feeling she missed out on the 'experience' of gown shopping.

"Seeing all those Say Yes to the Dress shows made me wish I had least gone for a fitting," she says.

"But I didn't want to chance falling for something I couldn't afford."

Another problem that often arises when trying to keep a tight budget, is reigning in the guest list, especially if you have a large family or are too popular for your own good.

Sheila Pahl found that out when she and her husband tried to keep their list to 60 people.

"We put so much thought into it and did our best," she recalls.

"But there were still some bent noses in the end."

Still, Pahl doesn't regret their decision to keep their nuptials small and relatively inexpensive.

"We had total control of what it would be like and it forced us to be creative and thoughtful," says Pahl, who held her retro-style wedding at the Shaganappi Community Hall.

Food and wine was the biggest expenditure at $2,500, including a $900 whole roast pig from Charcut. But again, the Pahls kept costs down by preparing sides, salads and other dishes themselves.

The dollar store provided decent goodie bags for guests and the couple used iTunes and a borrowed PA system to supply the tunes.

"Matt put a lot of thought into song lists for the whole event so we wouldn't have to think about it," says Pahl.

"And every moment had the right music … We still get told that we had the best wedding ever."

Here comes bridal season

Bridal season is underway in Calgary and brides-to-be can hit the Wedding Fair at the BMO Centre at Stampede Park on Jan. 20 from 9:30 a.m. to 5:30 p.m.

Shauna Kachersky saved money by having her wedding at Heritage Park. CONTRIBUTED

Three tips to keep wedding costs down

Location, location, location

City parks, large backyards can make a great backdrop in the summer, and are often free. Indoor venues such as community centres are less expensive than hotels and can also be used for the reception. Calgary actor Carrie Schiffler got creative and used the yoga studio where she and her husband met.

"There was no shortage of humour that day," she says. "We wrote our own vows and had our teenagers stand with us. After the ceremony … we headed back to our place for a BBQ."

Keep the guest list small

Sure, you want to share your big day with everyone. But feeding hundreds of people and making sure there's enough booze for your floor hockey teammates definitely adds up.

Inviting only immediate family and close friends will save thousands of dollars. Also, print out your own invitations or invite guests via e-mail.

Two words — amateur photography

Obviously, you're going to want some great photos to remember the day — even the fuzzy, drunken reception bits. Professional photographers can cost hundreds even thousands of dollars, and rightfully so. But if you're watching your wallet, enlist the help of that shutterbug uncle of yours or the friend who is an aspiring photographer and wants more experience. Or have some fun with it and ask guests to post photos on Instagram.

LISA WILTON/FOR METRO

Football star may be in on girlfriend hoax

Manti Te'o. Linebacker still spoke of his dead online love even after he supposedly learned she never existed

Manti Te'o claims the hoax was painful and humiliating. JAMES BROSHER/SOUTH BEND TRIBUNE/THE ASSOCIATED PRESS FILE

Not once but twice after he supposedly discovered his online girlfriend of three years never even existed, Notre Dame All-American linebacker Manti Te'o perpetuated the heartbreaking story about her death.

An Associated Press review found that the Heisman Trophy runner-up talked about his doomed love in a web interview on Dec. 8 and again in a newspaper interview published Dec. 11. He and the university said Wednesday that he learned on Dec. 6 that it was all a hoax.

On Thursday, a day after Te'o's inspiring story was exposed as a lie, Te'o and Notre Dame faced questions about whether he really was duped, as he claimed, or whether he and the university were complicit and misled the public, perhaps to improve his chances of winning the Heisman.

Te'o and Notre Dame athletic director Jack Swarbrick said on Wednesday that the player was drawn into a virtual romance with one "Lennay Kekua" and was fooled into believing she died of leukemia in September. They said his only contact with her was via the Internet and telephone.

Te'o also lost his grandmother — for real — the same day his girlfriend supposedly died, and his role in leading Notre Dame to its best season in decades put him at the centre of college football's biggest feel-good story of the year.

Notre Dame said Te'o found out that Kekua was not a real person through a phone call he received at an awards ceremony in Orlando, Fla., on Dec. 6. He told Notre Dame coaches about the situation on Dec. 26.

On Wednesday, Swarbrick said Notre Dame did not go public with its findings sooner because it expected the Te'o family to do so first. But Deadspin.com broke the story that day. THE ASSOCIATED PRESS

Questionable words

"I lost both my grandparents and my girlfriend to cancer. So I've really tried to go to children's hospitals and see, you know, children."

Manti Te'o during an interview for WSBT.com on Dec. 8, two days after he said he learned his girlfriend wasn't real

Germany. Lawyer claims up to 16 objects were left in patient after surgery

Surgeons left up to 16 objects in a man's body during an operation for prostate cancer, a lawyer in Germany claims. She is seeking more than $100,000 US plus costs for the family of the patient, who has since died. Surgical slips such as these are rare, but with millions of operations performed worldwide each year, mistakes do occur.

According to Loyola University in Chicago, citing medical studies, some 1,500 patients in the U.S. have surgical objects left inside them during surgery each year. Most are sponges used to control bleeding during long operations. They can lead to pain, infections and other medical complications.

Such cases have prompted doctors to coin the term "retained surgical items" and draw up guidelines to prevent them from occurring.

THE ASSOCIATED PRESS

Notable cases

- **In March 2009,** a Kentucky jury awarded a woman $2.5 million after she needed surgery to remove a sponge left in her during a hysterectomy three years earlier. Part of her small intestine had to be removed.
- **In Feb. 2010,** doctors in the Czech Republic discovered a foot-long metal tube had been left inside a woman's abdomen five months after surgery. The clinic chief said four staff members had been punished.
- **In Dec. 2011,** a man in Ohio who had two towels left in his body won a $275,000 settlement from the government.

Serbia. Smashable room all the rage, only $6 a pop

A man looks around the room, lifts a metal baseball bat and wrecks everything in sight. This isn't a criminal onslaught: It's the Rage Room.

And it's smashing its way to success in Serbia, one angry visitor at a time.

Since it opened in the northern Serbian city of Novi Sad in October, the Rage Room has drawn a flurry of attention in a country where two decades of war, political crisis and economic hardship have driven many people over the edge.

Inspired by a similar "Anger Room" in Dallas, Texas, Serbia's version was set up by two teens who figured it could be a way to earn pocket money.

"On average, we have one person a day, enough to keep us going," said Nikola Pausic.

Included in the roughly $6 fee is the right to smash a chair, a table, a bed, a coat rack and a bookshelf, along with items such as framed photographs, empty cans and plastic containers.

THE ASSOCIATED PRESS

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Terror-case Canadian gets 14-year jail term

He's cleared of most serious charge. Man with links to Toronto and Ottawa convicted of supporting group behind Mumbai attacks

A Canadian businessman was sentenced to 14 years in prison on Thursday for providing material support to overseas terrorism.

It was alleged Tahawwur Rana supported a Pakistani group whose 2008 attacks on Mumbai, India, left more than 160 people dead.

The judge sentenced Rana in a Chicago court to the prison term followed by five years of supervised release.

Rana, a 52-year-old Pakistani-born Canadian, faced a maximum 30 years in prison.

Jurors in 2011 convicted him of providing support for the Pakistani group Lashkar-e-Taiba, and for supporting a never-carried-out plot to attack a Danish newspaper that printed cartoons of the Prophet Muhammad in 2005.

Tahawwur Rana is shown in a 2011 courtroom sketch. TOM GIANNI/THE ASSOCIATED PRESS

The cartoons angered many Muslims because pictures of the prophet are prohibited in Islam.

But jurors cleared Rana of the third and most serious charge of involvement in the three-day rampage in Mumbai, India's largest city, which has often been called India's 9-11.

The government's star witness at Rana's trial was admitted terrorist David Coleman Headley, who had pleaded guilty to laying the groundwork for the Mumbai attacks.

The American-Pakistani testified against his school friend Rana to avoid the death penalty and extradition.

He is scheduled to be sentenced in Chicago next week.

Headley spent five days on the witness stand — taking up more than half the trial — detailing how he allegedly worked for both the Pakistani intelligence agency known as the ISI and Lashkar.

Prosecutors also presented Rana's videotaped arrest statement to the FBI, during which he said he knew Headley had trained with Lashkar. They also played a September 2009 recorded phone conversation between the men.

Rana — who owned an immigration consulting firm in Toronto and a home in Ottawa — was accused of allowing Headley to open a branch of his Chicago-based immigration law business in Mumbai as a cover story and travel as a representative of the company in Denmark.

In court, a travel agent showed how Rana booked travel for Headley.

THE ASSOCIATED PRESS

Fracking fuss. Yoko Ono takes son Sean Lennon on a protest over drilling

Yoko Ono, Sean Lennon and actress Susan Sarandon spoke out against fracking — a drilling technique — during a tour of natural-gas drilling sites in northeastern Pennsylvania on Thursday.

The celebrities said the technique is a danger to air, water and human health.

Ono accused the gas industry of disregarding residents' welfare. "They care about making money," she said.

The celebs headed to rural Susquehanna County to see gas wells, compressor stations and other evidence of the Marcellus Shale drilling boom.

They also visited with residents who say they have been negatively impacted by drilling.

Fracking involves the high-pressure injection of millions of gallons of water, along with sand and chemical additives, deep underground to break apart shale rock and free the gas trapped inside it.

The industry and many federal and state officials say fracking is safe when it's done properly.

THE ASSOCIATED PRESS

Mother and son: Yoko Ono and Sean Lennon chat as they head to drilling sites in Pennsylvania on Thursday. RICHARD DREW/THE ASSOCIATED PRESS

Jail sentence

Top court to hear condom case?

A Nova Scotia man convicted of sexual assault for poking holes in his girlfriend's condoms to get her pregnant is taking his appeal to the Supreme Court of Canada.

Craig Jaret Hutchinson received an 18-month prison sentence in December 2011, and lost his appeal with the provincial appeal court this month. No new court dates have been set.

THE CANADIAN PRESS

Student loans

Lawsuits planned over missing info

The federal government is being sued over the loss of a hard drive containing information about half-a-million people who took out student loans.

Merchant Law Group is filing class-action lawsuits in Calgary and Winnipeg, and plans to file more.

Ottawa says the device contained data on 583,000 Canada Student Loans Program borrowers.

THE CANADIAN PRESS

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Clearing up weather lingo

If these people had a better understanding of weather-prediction jargon, perhaps they would have taken public transit. THE ASSOCIATED PRESS/ DPA/ROLAND

Easy, breezy jargon. Because you shouldn't need a degree just to understand the forecast

Ever hit a mental whiteout pondering the difference between a winter-storm watch and winter-weather advisory?

The U.S. National Weather Service is looking at the idea that less is more when it comes to such jargon.

This winter, the U.S. federal forecasting agency is trying out simple, descriptive language to possibly replace its 14 watches, advisories and warnings for wintry weather — from ice storms to blizzards, wind chill to lake-effect snow.

"The purpose of this project is to use language that is self-evident, that everybody would immediately understand," said Eli Jacks, the forecaster leading the experiment.

The experiment began in December and runs through March 31 at 26 Weather Service offices covering Alaska, Oregon, the northern Great Plains, Michigan, New England, Appalachia and Oklahoma. A separate website for the project avoids confusing people who just want to look up the forecast.

The clear-and-simple approach could be carried over to heat waves, flooding, dangerous wind and other conditions, but that will depend on what the public has to say. THE ASSOCIATED PRESS

Wa- wa- what're you saying?

"But then other people say, 'Well you know what, I've always been confused by 'watch' and 'warning' because they both start with 'wa.'

Forecaster Eli Jacks, about the reaction of supporters to his experiment that aims to make weather jargon less confusing.

San Francisco's new ban. Nudists say they're being stripped of their rights

A U.S. federal judge is set to consider San Francisco's new law that bans public nudity.

Public nudity activists are requesting that U.S. District Judge Edward Chen on Thursday block the law from going into effect on Feb. 1 while he considers their lawsuit seeking to invalidate the ordinance.

The activists argue that the ban violates their 1st Amendment freedom of speech because their nudity is a political statement.

They also argue the law violates equal protection rights because it exempts children younger than 5 and public nudity at certain events such as an annual street fair, the city's Gay Pride Parade and its Bay-to-Breakers foot race, which is noted for the wacky costumes — or lack thereof — of participants.

Attorneys representing the city counter that the ban is a matter of public health, safety and the "general welfare" of all residents. THE ASSOCIATED PRESS

A sheriff deputy rushes to cover a woman who stripped off her clothes in protest during a San Francisco Board of Supervisors meeting. JUSTIN SULLIVAN/GETTY IMAGES

British royalty

Princesses drive through red light

It was meant to be a Mini adventure; it nearly became a major embarrassment.

Two British royals on a mission to promote their country ran a red light near Berlin's iconic Brandenburg Gate.

With photographers and police in tow, driver Princess Eugenie and her older sister Princess Beatrice then took a swift right into the safety of the British Embassy compound.

At least the 22- and 24-year-old sisters didn't have to decide which side of the road to drive their Mini on. The entire 500-metre staged tour was along one-way streets.

Ignoring a red light can bring a fine of $264 US and a month's driving ban in Germany.

"Of course it's forbidden but so far we haven't had any reports," said Berlin police spokesman Carsten Mueller. THE ASSOCIATED PRESS

Sub-size matters

Was the oven too cold for the bread to fully rise?

Subway is facing criticism after an Australian man posted a picture on the company's Facebook page of one of its sandwiches next to a tape measure.

The footlong subs are meant to be 12 inches, but the Australian's sandwich appears to be just 11 inches.

In a response, Subway said that the length of its sandwiches may vary slightly when its bread, which is baked at each Subway location, is not made to the chain's exact specifications. THE ASSOCIATED PRESS

A Subway meal GETTY IMAGES

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Hostages freed, but death toll at Algerian gas plant unclear

Foreign captives. Kidnapping was one of the largest ever attempted by a militant group in North Africa

Algerian special forces launched a rescue operation Thursday at a natural-gas plant in the Sahara Desert and freed foreign hostages held by al-Qaida-linked militants, but estimates for the number of dead varied wildly from four to dozens.

Militants claiming revenge for France's intervention against rebels in Mali seized the BP-, Statoil- and Sonatrach-owned Ain Amenas natural-gas complex on Wednesday, taking dozens of foreign workers hostage.

Algerian state television said Thursday that four captives, two Britons and two Filipinos, had died. But the militants said at least 35 hostages had died in the state's rescue attempt. There was no way to independently verify the toll in the remote location, 1,300 kilometres from Algiers.

Multinational terrorists

The Algerian government said it was forced to intervene due to the militants' stubbornness and their desire to escape with hostages.

- **Islamist militants.** Communications Minister Mohand Said Oubelaid said the "terrorists are multinational," coming from several different countries with the goal of "destabilizing Algeria, embroiling it in the Mali conflict and damaging its natural-gas infrastructure."

The reports of high casualties have deeply disturbed foreign governments, prompting a number to criticize Algeria's operation. Britain's Foreign Office attempted to prepare the British public by saying, "We should be under no illusion that there will be some bad and distressing news to follow from this terrorist attack."

Islamists from the Masked Brigade, a Mali-based al-Qaida offshoot, said Algerian helicopters opened fire as the militants tried to leave the vast complex with their hostages. They claimed that 35 hostages and 15 militants died and only seven hostages survived.

Algeria's official news service, meanwhile, claimed that 600 local workers were freed in the raid and half of the foreigners being held were rescued. Many of those locals were reportedly released on Wednesday, however, by the militants themselves.

THE ASSOCIATED PRESS

Statoil CEO Helge Lund, left, and director of foreign operations Lars Christian Bacher leave a meeting in Stavanger, Norway. Algerian forces raided a remote gas plant on Thursday in an attempt to free dozens of hostages at the BP-, Statoil- and Sonatrach-run facility. KENT SKIBSTAD, NTB SCANPIX/THE ASSOCIATED PRESS

Digital empathy. Video game casts players as rebels in Syrian civil war

A new video game based on Syria's civil war challenges players to make the hard choices facing the country's rebels. Is it better to negotiate peace with the regime of President Bashar Assad, for example, or dispatch jihadist fighters to kill pro-government thugs?

The British designer of Endgame: Syria says he hopes the game will inform people who might otherwise remain ignorant about the conflict.

Views differ, however, on the appropriateness of using a video game to discuss a complex crisis that has killed more than 60,000 people since March 2011. Computer giant Apple has refused to distribute the game and some observers consider the mere idea insulting. Others love it, and one fan from inside Syria has suggested changes to make the game better mirror the actual war.

Tomas Rawlings, who designed the Syria game, said he got the idea while watching TV pundits debate the possible consequences of directly arming Syria's rebels, which Western nations have declined to do. He said he thought a game could explore such questions by allowing players to make choices and see their consequences.

THE ASSOCIATED PRESS

Special court

Gang-rape trial to be fast-tracked

An Indian magistrate on Thursday ordered the trial of five men accused in the fatal gang rape of a young woman on a moving bus to be shifted to a special fast-track court in New Delhi. The first hearing is to be held there on Monday.

Lawyers for the five have said police mistreated their clients, including beating them to force them to confess to the Dec. 16 crime. A sixth suspect in the attack claims to be a juvenile, and his case is being handled separately.

THE ASSOCIATED PRESS

Online ticketing

Ticketfly to enter Canadian market

Canadian concertgoers may soon notice there's a new online ticketing company in town aiming to compete with Ticketmaster.

The San Francisco-based Ticketfly announced Thursday that it's expanding into Canada and has reached deals with national event promoter Union Events and Toronto-based Collective Concerts to sell tickets online.

Ticketfly claims it will charge lower fees than Ticketmaster for online purchases and will encourage e-ticketing via Apple's Passbook format.

The company has also acquired Calgary-based ticketing company Prime Box Office as part of its move north.

THE CANADIAN PRESS

22 million songs

Amazon opens MP3 store to iPhone, iPod Touch users

Amazon says iPhone and iPod Touch users are now able to buy music from its digital store for the first time.

The company said its MP3 library has 22 million songs available. Steve Boom, vice-president of Amazon Music, says that since the launch of the Cloud Player app for the iPhone and iPod Touch, customers have been asking for the ability to buy music from Amazon directly from their devices.

The Apple device users can browse Amazon's MP3 store for music using Apple's Safari web browser.

THE ASSOCIATED PRESS

Britain says neigh to eating horsemeat

'Horse burger' scandal. Tesco supermarket chain amps up damage control in wake of discovery that meat products contained up to 29% equine flesh

Putting the cart before the horse? An employee pushes shopping carts past the entrance to a Tesco Extra supermarket in New Malden, Surrey, England, in this 2009 photo. The Tesco chain has had to apologize to Britons after horsemeat was discovered in some of its burgers. GETTY IMAGES FILE

In Britain, a horse is a horse — not a main course. Tesco, the country's biggest supermarket chain, took out full-page newspaper ads Thursday to apologize for an unwanted ingredient in some of its hamburgers: horsemeat.

Ten million burgers have been taken off shop shelves after the revelation that beef products from three companies in Ireland and Britain contained horse DNA.

Most had only small traces, but one burger of a brand sold by Tesco had meat content that was 29 per cent horse. The contrite grocer told customers that "we and our supplier have let you down and we apologize."

Reaction to the scandal in Britain goes beyond concerns about contaminated food. While people in some countries happily dine on equine flesh, in the land of Black Beauty and National Velvet, the idea fills many with horror.

Labour Party environment spokeswoman Mary Creagh reflected the feelings of many when she said Thursday that eating horsemeat is "strongly culturally taboo in the United Kingdom."

THE ASSOCIATED PRESS

Conflict of interest? Flaherty attempted to influence CRTC on radio licence, letter shows

The Conservative government would not say whether it stands by its own accountability rules for members of cabinet after Finance Minister Jim Flaherty was accused of breaching the guidelines.

Carl Vallée, a spokesman for Stephen Harper, declined to say Thursday whether the Prime Minister's Office continues to endorse the rules on ministerial responsibility.

The controversy was sparked by news Flaherty had urged the federal broadcast regulator to grant a radio licence to a company in his Ontario riding even though the rules — posted on Harper's website — forbid ministers from trying to influence the decisions of administrative tribunals.

In his March 30, 2012 letter to the Canadian Radio-Television and Telecommunications Commission, Flaherty praised Durham Radio Inc.'s ultimately unsuccessful bid to obtain a licence to operate a new FM station for the Toronto area.

The broadcaster, which is based in Flaherty's Whitby-Oshawa riding, was one of several applicants last year for the hotly contested spot on the FM dial. The company was proposing an easy-listening outlet.

THE CANADIAN PRESS

Market Minute

DOLLAR 101.45¢ (+0.04¢)

TSX 12,674.73 (+65.91)

OIL $95.49 US (+$1.25)

GOLD $1,690.80 US (+$7.60)

Natural gas: $3.49 (+5¢)
Dow Jones: 13,596.02 (+84.79)

BlackBerry bandwagon: Kitchener defends RIM-decorated light poles

The City of Kitchener is defending its decision to get behind BlackBerry-maker Research In Motion in the lead-up to the launch of its new smartphones.

In an article published in a local daily newspaper the Ontario city says it hasn't sold out to corporate interests by making a temporary exception to local policies about corporate advertisements.

The concern involves a decision by Kitchener city leaders earlier this week that allows RIM to decorate light poles in the city's downtown core with banners to promote the new BlackBerry and thank the community for its support. The plan required local leaders to make an exception to long-standing rules about corporate advertising on city property.

Quoted

"Without RIM, downtown Kitchener would not be experiencing its remarkable renaissance."

The City of Kitchener, in a local newspaper article, defending its decision to let Research in Motion hang banners downtown.

Councillors in Kitchener gave the company the go-ahead in a near-unanimous vote earlier this week.

The city's article points out that only one council member voted against the exception. Coun. John Gazzola said that other corporations have asked to promote themselves on city property but have always been denied.

The article says city council considers RIM to be a special company in the Waterloo Region because it has helped build the community into a leader in the technology sector. THE CANADIAN PRESS

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HAPPINESS IS A WARM CONFESSION

THE LIST
Paul Sullivan
metronews.ca

It was the best of weeks, it was the worst of weeks.
And it's not even over.

1 **Lance backpedals on Oprah.** Lance Armstrong pedals an epic two-part confession that he did in fact use performance-enhancing drugs to win a record seven Tour de France titles. If he doesn't end up resurrecting his reputation, at least he's resurrecting Oprah's ratings. Hey, it's not about the bike. Obviously, it never was.

2 **Idle No More.** You can say that again. Aboriginal people are mad as hell and they're not going to take it anymore. So they're barricading roads and bridges to make their point. But the spontaneous uprising seems to be taking more out of aboriginal leaders such as hunger-striker Theresa Spence and Assembly of First Nations Chief Shawn Atleo than original-target Stephen Harper, whose Teflon coating remains intact.

3 **Idol again!?** Hard to believe, but the talent show that started it all, American Idol, is in its 12th season. Unfortunately, it seems to have descended into a feud between Mariah Carey and Nicki Minaj, while the talent tries to get a few licks in edgewise. I never thought I'd say this, but what happened to the good old days, when professional A & R men identified The Next Big Thing?

4 **Happiness is a warm nutbar.** U.S. President Barack Obama unveils a package of gun-control measures, maintaining that weapons designed for a theatre of war have no place in a movie theatre, a reference to the mass shooting six months ago at a Colorado screening of The Dark Knight Rises. Gunslinger, er, Gov. Rick Perry of Texas angrily rejects any attempt to limit access to assault weapons and instead recommends that we "pray for help." It's worked so far …

5 **Madam, unhand that monkey.** In the inevitable court battle over who gets to keep Darwin the Ikea monkey, the people sheltering him have accused his erstwhile owner of, um, choking the monkey, hitting him with a wooden spoon, forcing him to live in a small crate and making him wear that ridiculous double-breasted shearling coat (OK, I added that last one). If God meant monkeys to go to Ikea, he would have supplied them with little Allen wrenches. Next case!

6 **Bad Dreamliners.** The entire fleet of Boeing 787s, the so-called Dreamliner, has been grounded as engineers try to figure out why the plane's batteries overheat. While they're at it, they should also figure out why I always have to sit between the crying baby and the 400-pound man.

7 **Happy birthday, Betty White.** If you're worried life has passed you by, consider Betty White. She turned 91 Thursday, but she's holding down a regular gig on Hot in Cleveland and this year launched Betty White's Off Their Rockers. Maybe you should Be Like Betty, and make today the first day of the rest of your life.

Follow The Metro List on Twitter @TheMetroList

HE DECLARES, THE WORLD WATCHES

WHAT HAPPENS AT THE INAUGURATION?

JAN. 19

U.S. President Barack Obama and his family participate in a National Day of Service.

JAN. 20

Obama and Vice-President Joe Biden are officially sworn into office at a private event at the White House.

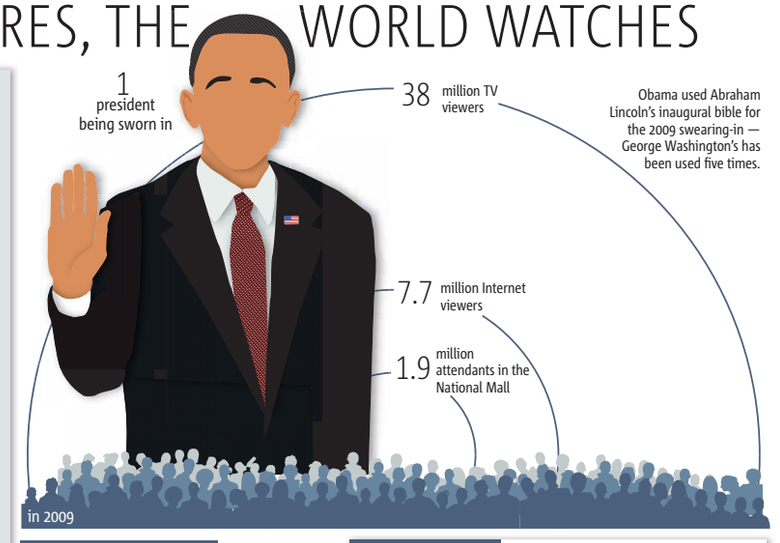
JAN. 21

- Obama, Biden and their families participate in a traditional prayer service at St. John's Church in front of the White House.
- Obama, Biden and their families ride to the Capitol. The public swearing-in ceremony takes place on a platform in front of the Capitol building.
- Biden is sworn in by Supreme Court Justice Sonia Sotomayor.
- Obama is sworn in by Chief Justice John Roberts.
- Obama delivers his inaugural address.
- Obama and Biden participate in an inaugural lunch with members of Congress.
- Evening: Inaugural Balls. The president and vice-president attend with their wives.

$4.2 million will be spent on preparing Capitol grounds for the swearing-in ceremony, mostly on the inaugural platform, bleachers and barricades.

SUNDAYS
Inauguration Day is always Jan. 20, but by law inaugurations are never held on Sundays. Since Jan. 20 falls on a Sunday this year, the oath is then given privately on Sunday and then publicly on Monday.

35 is the amount of words in the oath for the most powerful job in the world, the U.S. presidency.


1 president being sworn in
38 million TV viewers
Obama used Abraham Lincoln's inaugural bible for the 2009 swearing-in — George Washington's has been used five times.
7.7 million Internet viewers
1.9 million attendants in the National Mall
in 2009

THE PRESIDENT'S RIDE

Barack Obama will travel in his armour-plated Cadillac One limousine to Capitol Hill for his inauguration. But cars weren't always the preferred mode of transport:

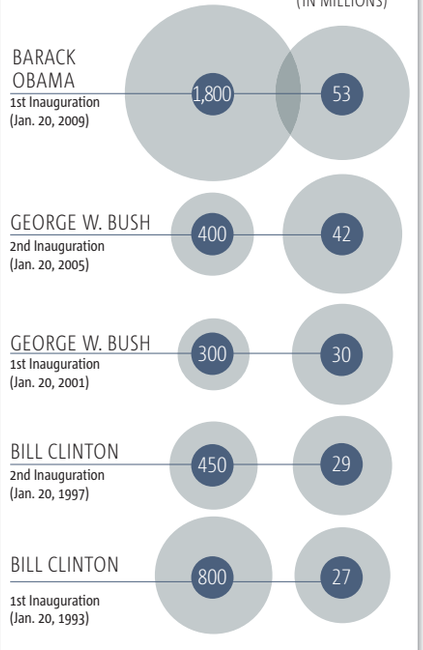
George Washington took a horse-drawn carriage to Federal Hall, New York City (April 30, 1789).

Thomas Jefferson (March 4, 1801) walked to his swearing-in from his lodgings less than 300 metres from Capitol Hill.

William Harrison (March 4, 1841) travelled to the Capitol by railroad from Virginia (an inaugural first).

Lyndon Johnson (Nov. 22, 1963) took his oath inside Air Force One, grounded at Dallas Love Field airport.

PAST INAUGURATIONS



TEXT: METRO WORLD NEWS; GRAPHIC: MIA KORAB; METRO WORLD NEWS
SOURCES: 2013PIC.ORG, CBS, CNN, FEC, JOINT CONGRESSIONAL COMMITTEE ON INAUGURAL CEREMONIES, LIBRARY OF CONGRESS, NIELSEN WIRE

Worth mentioning

Dear Abby advice columnist dies at 94

Pauline Friedman Phillips, who as Dear Abby dispensed snappy, sometimes saucy advice on love, marriage and meddling mothers-in-law to millions of newspaper readers around the world and opened the way for the likes of Dr. Ruth, Dr. Phil and Oprah, has died. She was 94.

Phillips died Wednesday in Minneapolis after a long battle with Alzheimer's disease, said Gene Willis, a publicist for the Universal Uclick syndicate.

Pauline Friedman Phillips GETTY IMAGES

"My mother leaves very big high heels to fill with a legacy of compassion, commitment and positive social change," her daughter, Jeanne Phillips, who now writes the column, said in a statement.

Pauline Phillips wrote under the name Abigail Van Buren. Her column competed for decades with the advice of Ann Landers, written by her twin sister, Esther Friedman Lederer. THE ASSOCIATED PRESS

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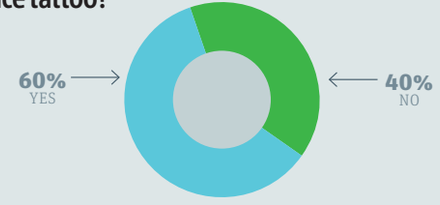
Would you elect a politician who has a full face tattoo?



Twitter

@seecrethers: What a day it's been...what a crazy, windy, windy day. Good things ahead. #change #acityin-transition #yyc

@pickletory: #Deerfoot, I hate you. #thatisall #yyc @DriveYYC @nenshi

@aurooba: Weather in #yyc is excellent. Not wearing a coat but feeling great

@DaniaGravelle: That glorious moment when you have windshield wiper fluid again. #windows #yyc

@mayamiller: I almost flew away today because of this wind #yyc #weeee

@erin_reesy: Anyone feel like hitting up a patio? #yyc #chinook #sarcasm #but-notreally

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Dame Maggie Smith stars in Quartet — a story of a once famous singing group now retired and living together. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Aging a little too well

Crowd pleaser. The Reel Guys agreed Quartet was a nice look at old age, but ultimately couldn't stomach the ending

Richard: Mark, this could have gone one of two ways. It could've been a depressing look at the difficulties of growing old, or it could have turned into one of those "loveable old coot" movies. Instead, like the recent The Best Exotic Marigold Hotel, it treats its elderly characters like vibrant, real people, even though they use walkers and have lapses of memory. Medical conditions aside, emotionally they are as rich — if not richer — than 90 per cent of the characters we see in any Katherine Heigl romantic comedy. What did you think?

Mark: Richard, they are lovable old coots, or at least high-functioning geezers. It's an idyllic view of old age — everyone has money and talent, and only a little bit of dementia, a wisp of a stroke, or a slightly malfunctioning hip. If they showed what old age was really like, the movie would be unwatchable. The great thing about the movie is the cast — and what a cast! Could Billy Connolly be more charming? Tom Courtenay more noble? Maggie Smith more ... Maggie Smith? But the film falls down in the storytelling. There's just not enough there. If you're going to cast these legends of stage and screen, you need to give them more to do.

RC: It is predictable, just this side of twee and don't get me started about the unsatisfying ending. Luckily it's also a crowd pleaser due to the chemistry of the cast. I loved Billy Connolly's roguishness and the sense of real warmth that exists between all the main players. That Dustin Hoffman learned a thing or two about directing actors over the years.

Synopsis

The action centres around Beechham House, a luxurious retirement home for aging musicians. Three quarters of a once famous vocal quartet, Reginald (Tom Courtenay), Cissy (Pauline Collins), and Wilfred (Billy Connolly), live there quietly until their former diva, Jean (Dame Maggie Smith), arrives. Her presence stirs up old feelings from ex-husband Reggie but might also be the key to changing the fortunes of the cash-strapped retirement home.

Star ratings:

- Richard: ●●●○○
- Mark: ●●○○○

MB: The ending is horrible, one of the worst cheats in cinematic history. I was looking forward to those venerable actors tackling Verdi. But the scene I really enjoyed was Tom Courtenay teaching a class of visiting teenagers and trying to explain opera through comparisons with rap and hip-hop. But the entire plot revolves around the will-she-or-won't-she decision of Maggie Smith to join the quartet.

The script has her make that decision too blithely after resisting so vociferously. I just wasn't convinced. And she goes from imperious wit in her grand entrance to empathetic sensitivity way too quickly. The movie's not long. Maybe a few scenes were excised?

RC: It feels a bit like there was some unfortunate chopping, but I have to say overall the actors carried the day for me. Weak story and even weaker ending notwithstanding, it's a crowd pleaser.

MB: And it looks great. It was a pleasure spending 90 minutes in a perfectly groomed mansion in the English countryside. When I start to lose it, make me a reservation.

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Documentary

How To Survive A Plague

Director. David France

Stars. Peter Staley, Larry Kramer

The lack of government response to the AIDS crisis in the '80s remains an embarrassing reminder of the ignorance that surrounded the disease. How to Survive a Plague tells the story from the perspective of ACT UP, a grassroots group who slugged it out with everyone from New York City hospitals over admitting infected patients to the FDA over access to drugs. Assembled mostly from video footage shot at meetings and protests and news clips, the film paints a vivid picture of the time.

IAN GORMELY

Action

The Last Stand

Director. Kim Jee-Woon

Stars. Arnold Schwarzenegger, Johnny Knoxville

It may have been nearly a decade since Arnold Schwarzenegger has led a big-screen blockbuster, but in The Last Stand, the sexagenarian is proving he's still got some fight in him. The threadbare story of a small-town sheriff determined to detain a drug lord from escaping into Mexico certainly doesn't break any new ground in the action department, but for fans of the genre, it's a welcome and winking return from the former Governator.

STEVE GOW

Horror

Mama

Director. Andres Muschietti

Stars. Jessica Chastain, Nikolaj Coster-Waldau

Tragic circumstances led to two small children (Megan Charpentier and Isabelle Nélisse) being abandoned for five years in a cabin in the woods. Rescued, they are adopted by their uncle (Game of Thrones's Nikolaj Coster-Waldau) and his girlfriend (Jessica Chastain) but the question remains, who is the mysterious Mama they keep talking about? Mama has some nice subtle creepy reveals, a vivid dream sequence and, of course, the ethereal Mama, who occasionally resembles a giant hairball on the floor, but is eerie nonetheless.

RICHARD CROUSE

Statham strong-arms his way to the top of the action heap

Parker. Perpetually stubbly actor relishes his brawly roles — this time out he plays a crook with a heart of gold opposite JLo

Parker hits theatres next Friday. HANDOUT

NED EHRBAR
Metro World News in Hollywood

With Parker, Jason Statham continues his bid to be the 21st century answer to his Expendables co-stars Sylvester Stallone and Arnold Schwarzenegger, a purveyor of action films that can be big and loud but don't have to be dumb. His latest finds him playing a crafty crook with a surprisingly strict moral code — even when faced with the likes of Jennifer Lopez.

Do you consider this in the same vein as things like the Mechanic and the Italian Job, putting a modern spin on older action material?

You wouldn't be far wrong in saying that. Parker's a different sort of animal for me, though. He's a crook, he's a criminal, but there's something about him that makes you forgive what he's doing in some way, and I think there's an interesting aspect to that. You know, you're not supposed to like crooks or criminals. You know, he's devoted to his girlfriend. There's something about that as well. Crooks and criminals usually haven't got many morals. They do whatever they can for their ill-gotten gains... but this guy has a particular way of taking it, and he has a way of protecting what he cares about.

It's interesting, that girlfriend character, since you also have Jennifer Lopez in the movie, and people would assume, you two together on screen...

You'd expect something. When's it going to go off? I know, some people will go, "Oh, I don't believe it, it's stupid. How could he resist? It's f—ing Jennifer Lopez. What, is he blind? Is he stupid?" But (director) Taylor (Hackford) was insistent on keeping this guy true to himself and him having a strength in departments where other men were weak (laughs).

He's kind of an OCD criminal, particularly with one very detailed line he delivers before dispatching a bad guy.

Yes! "You were supposed to torch the hay bales behind the livestock pavilion!" Boom! I love that line. I'm glad you noticed that, I loved that line. When I read the screenplay, I was like, "Oh my God, I f—ing love this guy." Right to the end, he f—ing never let that f—er forget, you know?

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COLUMBIA COLLEGE

Five films to watch at Sundance

The annual Sundance Film Festival begins this weekend, with Hollywood's deal makers gathering in snowy Park City, Utah, to see what might go on to become the breakout hit of 2013. The toast of last year's festival, Beast of the Southern Wild, went on to earn four high-profile Academy Award nominations, including best picture. Here's our pick of what will get the most attention at this year's fest.

NED EHRBAR, MWN

Kill Your Darlings

John Krokidas' debut feature offers a dark glimpse into the early days of the Beat Generation and is a must-see at this year's festival, with an impressive young cast — Daniel Radcliffe, Ben Foster and Boardwalk Empire scene-stealer Jack Huston — taking on Ginsberg, Burroughs and Kerouac, respectively.

Don Jon's Addiction

Joseph Gordon-Levitt is something of a Sundance darling on his own (and he's even hosting the festival's award ceremony this year), so his directorial debut — about a lothario with an addiction to online porn — is instantly a must-see. Gordon-Levitt also stars, along with Scarlett Johansson and Julianne Moore.

Jobs

This one already has a distributor — and an April release date — and is the closing night film for the festival, but curiosity over seeing Ashton Kutcher's turn as Apple co-founder Steve Jobs is a huge factor here. Early buzz has been strong, suggesting Kutcher may be able to ump from the more lightweight fare he's known for. Book of Mormon star Josh Gad co-stars as Steve Wozniak.

The Spectacular Now

(500) Days of Summer writers Michael Weber and Scott Neustadter are back with this probably less sunny tale, based on Tim Tharp's novel, about a hard-partying high school senior played by Miles Teller who meets an outsider played by Shailene Woodley who changes his life. Mary Elizabeth Winstead, Kyle Chandler and Jennifer Jason Leigh also star.

The East

The Sound of My Voice team of director Zal Batmanglij and writer/star Brit Marling are back with this tense tale of an FBI agent infiltrating a group of anarchists out to get corporate fat-cats and manufacturers. Ellen Page and Alexander Skarsgard also star.

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- RICHARD CROUSE, CTV
JESSICA CHASTAIN
MAMA
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14A FRIGHTENING SCENES
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Ripper Street is no Downton Abbey: This week on TV

Captain Homer Jackson (Adam Rothenbeg) from Ripper Street. HANDOUT

Dedicated fans of the mind-bending sci-fi serial Fringe will want to savour Friday's hotly anticipated finale — teasers suggest a catastrophic final battle as the crew faces the Observers. The two-hour swan song sees the team implement a plan as Olivia begins a dangerous journey into the unknown. **(City)**

The supernatural series Haven airs back-to-back new episodes Friday, culminating with its Season 3 finale, Thanks for the Memories. Here, Audrey is forced to face some hard truths and make a terrible decision that will determine the fate of the mysterious town of Haven. **(Showcase)**

Airing Saturday, the gruesome British drama Ripper Street is far from the world of Downton Abbey. The setting here is 19th century East London and the story chronicles an atmosphere of mayhem and brutality in the wake of Jack The Ripper's crimes. Matthew Macfadyen stars as Edmund Reid, the lead inspector charged with maintaining order on London's chaotic streets. Six months after the last Jack The Ripper killing, a fragile peace emerges. But in the premiere episode, a young woman is found brutally murdered with Ripper's hallmark signs. **(Space)**

Silver Linings Playbook star Jennifer Lawrence detours from the awards show circuit to host Saturday Night Live, perhaps the ultimate test of celebrity stature. No doubt there will be a Hunger Games skit in the offing for the Oscar-nominated actress. She's joined by musical guest The Lumineers. **(Global, NBC)**

Over on Girls, Hannah gets some unsolicited musical attention from heartbroken Adam and some not-so-great opinions on her writing from her new guy on Sunday. Elijah questions his sexuality and Marnie makes a career compromise when her curatorial dreams are crushed. **(HBO Canada)** THE CANADIAN PRESS

'I thought I'd end up on cable'

The following. Kevin Bacon talks career choices and ending up on network television

NED EHRBAR
Metro World News in Hollywood

The Following premieres Jan. 21 at 9 p.m. ET/PT on CTV and CTV Two. HANDOUT

It's taken surprisingly long for Kevin Bacon to find his way to the lead role in a TV drama, but he's finally doing so with The Following, from Scream creator Kevin Williamson. And the biggest surprise, at least to Bacon, is that it's on network television.

"I honestly thought I'd end up on cable," says Bacon, whose wife, Kyra Sedgewick, has done well for herself in the cable world with The Closer. But Bacon doesn't mind guessing wrong about his own career.

What did the shows you ended up not doing not have that this one has?
Well, it was a couple of things. First off, I tried to develop two that didn't quite get there by the time this one came along. Sometimes they were amazing pilots and people would say to me, "Yeah, but is there really a show there?" And since I'm really not used to reading something with the eye on four years down the line or whatever, that was kind of a new thing to me. I was like, "Yeah, but it's a great script." And then other things had just strange kind of network or cable politics around them that they just didn't fall into place, and this one did. It's hard to know.

So this one has something in it that could carry on for years, you think?
Yeah, but what do I know? A lot of times you do these types of (press events) and people talk to you a lot about, "What was the choice that went into that?" That only really makes sense if the thing is successful and embraced. Then it becomes, "Oh, that was a great choice!" I mean, look how many f—ing movies I've done, and how many of them are hits? Two per cent? Five per cent? Not a lot of them. So I've made a lot of bad choices. I'm not someone who thinks too carefully about what the long-term implications are.

You mentioned you thought you'd end up on cable when you got to TV.
Well yeah, when I first approached the idea of doing a show, yeah, I thought cable. Well, first off I went from the idea that cable was just going to be Showtime or HBO. Premium, right? And then in the course of a year or so, that's when it started to morph. All of a sudden I'm like, "Holy s—, Breaking Bad is off the chain!" Look at shows that are on FX, you know. And The Closer. And now all of a sudden it's like, "Well what about Netflix?" You just do a show and there is no network. Things have changed and morphed so much.

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Jayson Blair a 'grown up kid' in The New Normal

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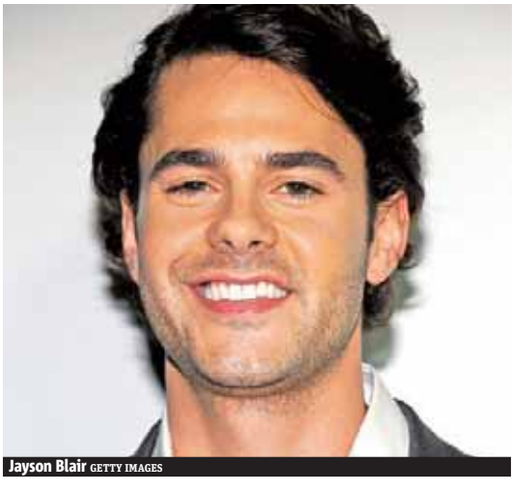
Jayson Blair GETTY IMAGES

The New Normal's Clay Clemmons likes women — really likes women. He is married, though, and, unfortunately, it is not enough for him to look but not touch.

"When we first meet my character, he is sleeping with another woman and gets caught," explains actor Jayson Blair, who plays Clay.

"Deep down, Clay is a very sweet and fun-loving type of guy who has been kind of put into this corner because at 15, he had a child with his high school sweetheart. When that happens I think you can go one of two ways. You either buckle down with your life, or it can completely alienate you. In Clay's world he's a grown-up kid who never got a chance to actually grow up, so he probably has more in common with his child than his wife.

"Clay honestly loves his wife and daughter and wants to do good by them. It's just too bad he has that little voice inside his head that gets him into trouble."

Fed up with her husband's cheating, Clay's wife Goldie (Georgia King) runs away with their little girl Shania (Bebe Wood) to start a new life. She meets Bryan (Andrew Rannells) and David (Justin Bartha) a happy and successful gay couple who want a child. Goldie agrees to be their surrogate, and, of course, her family, including Clay, cannot help but get involved.

"Bryan and David were quite apprehensive about Clay coming to town," explains Blair. "However, in the Halloween episode — which didn't air because of Hurricane Sandy — as well as the Thanksgiving episode, my character interacts quite a bit with these strangers. They're trying to accept Clay and welcome him into this new normal family.

"I really love the Halloween episode," adds the actor. "At one point you see how brokenhearted Clay is because of having neglected Shania. That scene was one of the most challenging as well as fun things that I've gotten to do so far this season."

Prior to The New Normal, Blair appeared in several feature film and TV roles, including the lead in the MTV sitcom The Hard Times of RJ Berger.

"That was a fantastic opportunity where I got a ton of onset experience," he enthuses.

"RJ Berger was kind of like high school in that we got to goof off a bit more and not be as serious, whereas The New Normal is more like corporate America where I get to stretch my [acting] muscles and put my A-game on."

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Three songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

When I need a shot of something interesting, I always turn to local indie scenes. Here are three recent finds.

Sweet Child O' Mine/Tashaki Miyaki

A truly great song will be great no matter who chooses to interpret it. This version of the GnR hit by an L.A. dream pop band proves my point.

Boys in the Band/Guilty About Girls

Remember Vancouver's Pure? Guilty About Girls descended from them. My only complaint about this song is that it's not long enough.

Standing Still (The Girls I Call Don't Answer...)/Danger Bees

Nerdy five-piece indie-pop band from Toronto who record for the brilliantly-named Daycare Records: Babysitting Your Stupid Band.

Music. Gimme a fast car? Gimme Coldplay instead

There's something about Coldplay's music that's just so soothing, right? It's apparently more than that. It's also the safest to listen to when driving.

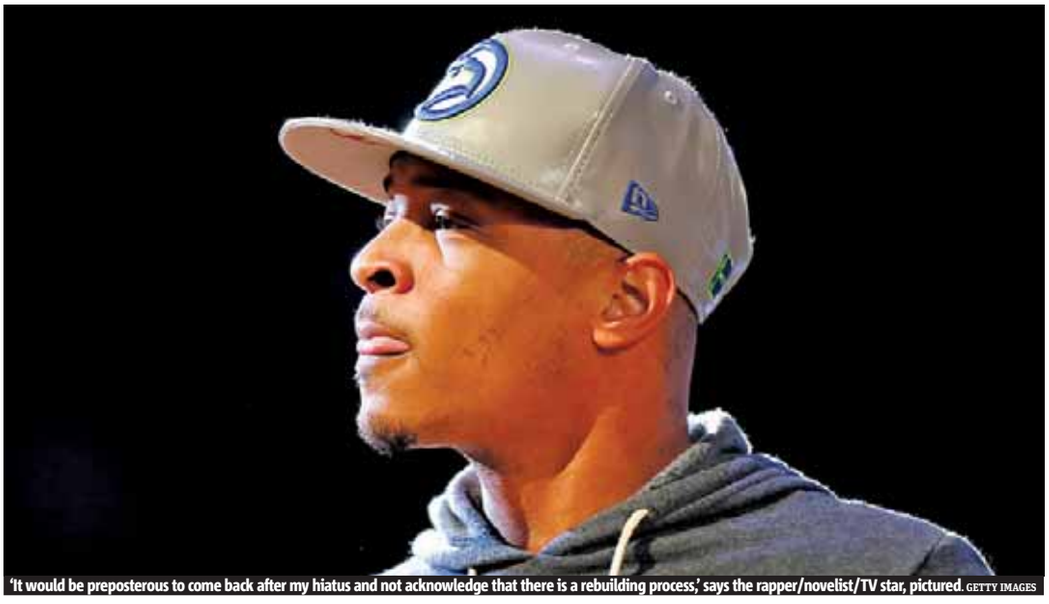
Next time you're in your car and you buckle your seat belt and switch on your Bluetooth to avoid chatting while driving, pop in some Coldplay to ensure ultimate safety.

The British band's The Scientist landed on a list of "ultimate safe driving songs" compiled by Confused.com, the creator of driving app MotorMate.

Chris Martin of Coldplay. GETTY IMAGES

The optimum music volume for driving is 55 to 65 decibels, according to London Metropolitan University professor Simon Moore's conclusions.

MARY ANN GEORGANTOPOULOS/MWN



'It would be preposterous to come back after my hiatus and not acknowledge that there is a rebuilding process,' says the rapper/novelist/TV star, pictured. GETTY IMAGES

Good fortune for the 'Trouble Man'

Heavy is the Head.

T.I. on returning to the entertainment industry with a vengeance

G. VALENTINO BALL
scene@metronews.ca

While his run-ins with the law have been the fodder for many a tabloid over the past few years, hip-hop star T.I. has stayed focused on diversifying his work.

The Atlanta rapper has produced his VH1 reality show Family Hustle, written two books — Power & Beauty along with its sequel Trouble & Triumph — and through his Grand Hustle label introduced the world to B.o.B.

Now you can add the success of his latest album, Trouble Man: Heavy is the Head.

Is he worried that fans of his hard edged hip-hop will be turned off by how much he has broadened his horizons?

"It would be preposterous to come back after my hiatus and not acknowledge that there is a rebuilding process," he says. "I'm not the same guy, but I am cut from the same cloth. My morals, my standards are still the same. My actions and my locations might be a tad bit different but my mindset and my heart is still the same."

The Atlanta-born rapper returned to the charts last month when his eighth album hit No. 2 on Billboard, moving 179,000 units in the first week.

"The response exceeded my expectations. I'm ecstatic that the subject matter and body of work really connected with the audience," he says. "That's an unmatched feeling for an artist."

The next challenge for T.I. is bringing together the stars of his hometown for an all-star tour.

"As of right now I'm cultivating the relationships that will allow us to work together in that capacity," he says. "I'm making an attempt at putting together a domestic package that would allow us to go on tour: A package that will consist of myself, Trinidad James, I've spoken to Jeezy (and others). The new generation, the veterans and the OGs putting together a package that will really show the nation what this town has to offer."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lopez chasing a new lover named Oscar

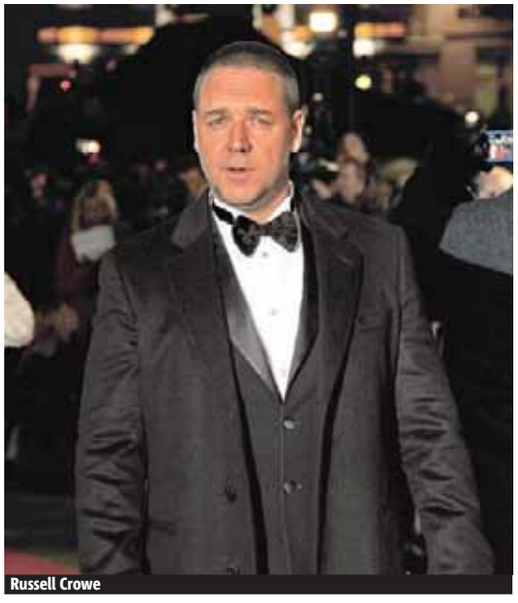
Jennifer Lopez's career is doing just fine, but there's at least one item she still has her heart set on: an Oscar.

"I think everybody that has ever taken acting seriously would love to be recognized in that way," Lopez tells E! News. "Of course! Why not?"

She's even good about keeping her acceptance speech up to date, should the need for it arise.

"It changes every so often over the years," Lopez says. "Different people, different things."

Jennifer Lopez.



Russell Crowe

Crowe shoots down romantic rumours

Russell Crowe has taken to Twitter to refute a New York Post story that he and burlesque star Dita Von Teese are an item.

The paper reported that the pair had enjoyed "a romantic couple's massage" at the Four Seasons hotel in New York last month and have been getting flirty.

"Dita Von Teese is brave, smart, sweet and elegant. She is a friend of mine. Who wouldn't want friends like that? Friends, not lovers," Crowe tweeted after the item appeared.

The Word

Is Lohan working as a high-paid escort?

Lindsay Lohan has reportedly found a new way to help pay off her hefty debts. Her father, Michael Lohan, and other sources claim that the troubled actress is making money working as a high-class escort, according to Star magazine.

"She is getting paid to date rich men," Michael says, putting the blame squarely on his ex-wife, Dina Lohan. "Dina is pimping her out. It's disgusting."

But so far there are no allegations of Lindsay providing any services more intimate than acting as arm candy.

"The dates last for days, and the guys pay for everything — hotel, travel costs, food, whatever — as well as jewelry and other gifts," another source tells the magazine.

Nicole Kidman. ALL PHOTOS GETTY IMAGES

Kidman not weirded out by peeing on Zac Efron

Nicole Kidman has been getting plenty of attention for her Golden-Globe-nominated role in the Paperboy thanks to an infamous scene in which she urinates on Zac Efron.

But Kidman doesn't get what the big deal is.

"I just don't find urination shocking. I think I peed in the beginning of Eyes Wide Shut, too. But then, I don't find a lot of things shocking. Violence is a lot more shocking than sex — sex is primal," she tells the Hollywood Reporter.

"I felt shy singing in Moulin Rouge, but peeing — no, not shy."

Twitter

@RebelWilson
I would never online date..unless it was for 'comedy research.'The other things I've done for 'comedy research' include fat camp, drinking..

@JoshRadnor
I would be a terrible matador.

@msleamichele
Treated myself to a little mani/pedi after work today:) Relaxing now and catching up on #topchef!

@AlbertBrooks
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French wines are a lot like David Bowie. Just when you think they've got nothing new to offer, they come out of nowhere with a brand new vibe based on their old school legacy.

While Bowie has his first album in a decade dropping in March, savvy wine lovers are rediscovering the value found across France — especially in its lesser known regions like the Côtes du Rhône. Though famous for Châteauneuf-du-Pape — its liquid love letter to the pope — many wine newbies are surprised to discover that the Rhône Valley is the original home of both the red syrah (a.k.a. shiraz) and grenache grape varieties.

Grenache dominates the southern portion of the valley, where the bright-fruited berry makes up the majority of the area's blends. Most are smooth, new worldly wines with great food appeal (think everything from hearty stews and lamb to a relaxed charcuterie platter).

Famille Perrin is a regional superstar and its grenache-led 2010 Côtes du Rhône Réserve Rouge ($15.95 to $17.99) is rich and elegant with licorice and wild berry aromatics and a meaty, mouth-filling body of balanced black fruit.

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Chicken and Waffles add soul to brunch

Quick eats. Good food doesn't have to take forever to prepare with this delicious recipe

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Chicken and Waffles combines the best of the breakfast and dinner worlds in one soul food dish made famous by the Southern U.S.

There's even a whole chapter devoted to the meal in Fried Chicken: An American Story by John T. Edge.

In it, he writes that the dish goes back to the late 19th century, when Southern African-Americans, recently freed from slavery, began migrating to the northern United States.

According to Edge: "My guess is that it comes from the days when someone would go out in the morning and wring a chicken's neck and fry it for breakfast.

"Preparing a breakfast bread with whatever meat you have on the hoof, so to speak, comes out of the rural tradition."

The fried chicken is usually served with a waffle that is covered in butter or syrup. This version, however, is more like the traditional Pennsylvania Dutch dish, which consists of a plain waffle with pulled, stewed chicken covered in gravy.

But it's even easier than that when you use store-bought waffles and rotisserie chicken.

No frozen waffles handy? You can serve this chicken and gravy over toasted slabs of sourdough bread too.

Ingredients

- 1 tbsp olive oil
- Two 4-oz containers sliced button mushrooms
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1/4 cup white wine
- 1 cup heavy cream
- Salt and ground black pepper
- 4 frozen waffles
- Meat from a 2-lb rotisserie chicken, warmed and shredded

1. In a large skillet over medium-high, heat the oil. Add the mushrooms, onion and garlic, then sauté until the mushrooms are browned and the pan is nearly dry, about 5 minutes.

2. Add the wine and stir to deglaze the pan. When the wine has evaporated, stir in the cream, then bring to a simmer. Season with salt and pepper, then set aside.

3. Toast the waffles according to package directions. Place one toasted waffle on each serving plate. Top with a heap of warmed, shredded chicken, then spoon ample amounts of mushroom gravy over it.

THE ASSOCIATED PRESS/ WITH FILES FROM METRO

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Hennessy Artistry Launch – The Art of Blending

If you love fine Cognac, then you have to attend Hennessy's Global Art of Mixing, the inaugural edition of the Hennessy artistry club series in Calgary. The evening will feature DJ/Producer duo DJs Kyau & Albert, in addition to the cutting edge sounds of Stoneface & Terminal at Flames Central. Experience an electrifying night. Friday.

Schmancy Style

In preparation for Glenbow Museum's signature fundraising event SCHMANCY, the question is: "Do you got SCHMANCY style?" Head to Belgo Brasserie (501 8 Ave. S.W.) for a fashion show by Holt Renfrew, featuring DJ Mikey DaRoza. Check out the latest fashions and find out if you have what it takes to be the schmanciest pantsiest of them all. (Tickets must be purchased in advance). Thursdsay, Jan. 24.

DJ TyDI

TyDi is an internationally touring artist bringing his world renowned sound to Flames Central. Having headlined shows and festivals all over the world, he has performed for crowds as big as 40,000. Saturday. More info at clubzone.com/events.

Spoken Word and Song

Check out Spoken Word in the intimate and cozy upstairs of Pages in Kensington. Enjoy performances from Erin Dingle, Christina Helen Marie, Honey Kebede, Laura Schoenberg and Big Daddy of the Water Rates. Enjoy complimentary hot chocolate as you catch some inspiring performances. Wednesday.

An Evening with Oprah

Catch Oprah Winfrey live at the Scotiabank Saddledome as she shares stories and insights from throughout her life. Always inspiring, she will help illustrate ways others can reach their full potential by taking control of their lives. Tuesday.

2013 Chinese New Year Gala

Ring in the Year of the Snake at the 2013 Chinese New Year Gala. Hosted by the Calgary Chinese Arts Association, it will take place at the Jubilee Auditorium. Enjoy folk dances, latin dances, Tai Chi, Kungfu Classic, Vocalists Beijing, Opera Chinese Music Orchestra and so much more. Saturday.

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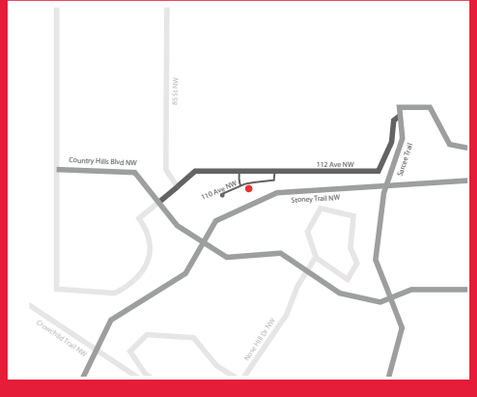

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NFL

Falcons preparing to face Kaepernick

The Atlanta Falcons' offence want to hold the ball and limit Colin Kaepernick's time on the field in Sunday's NFC championship game.

The Falcons have seen enough in Kaepernick's eight starts to respect the versatile quarterback with the long stride and strong right arm.

Kaepernick comes to Atlanta after running for 181 yards — an NFL record for a quarterback — with two touchdowns in last week's win over Green Bay.

The Falcons have faced dual-threat quarterbacks Robert Griffin III, Cam Newton and Russell Wilson. Linebacker Sean Weatherspoon says Kaepernick "is just a different guy altogether." THE ASSOCIATED PRESS

NFL

Patriots happy to be facing Ravens in Foxborough

New England gets a chance to extend its mastery in the final step to the Super Bowl on Sunday against Baltimore, the team the Patriots beat a year ago for the conference crown. That win made them 4-0 in home conference title games. THE ASSOCIATED PRESS

New England Patriots QB Tom Brady THE ASSOCIATED PRESS

Armstrong finally comes clean on doping

Confession. Disgraced former Tour de France winner dodges few questions in televised interview with Oprah

Lance Armstrong, right, celebrates winning bronze in the men's individual time trial at the 2000 Sydney Olympics, with gold-medallist Viacheslav Ekimov, centre, and silver-medallist Jan Ullrich. The IOC has stripped Armstrong of his medal. LAURENT REBOURS/THE ASSOCIATED PRESS FILE

He did it. He finally admitted it. Lance Armstrong doped.

He was light on the details and didn't name names. He mused that he might not have been caught if not for his comeback in 2009. And he was certain his "fate was sealed" when longtime friend, training partner and trusted lieutenant George Hincapie, who was along for the ride on all seven of Armstrong's Tour de France wins from 1999-2005, was forced to give him up to anti-doping authorities.

But right from the start and more than two dozen times during the first of a two-part interview Thursday night with Oprah Winfrey on her OWN network, the disgraced former cycling champion acknowledged what he had lied about repeatedly for years, and what had been one of the worst-kept secrets for the better part of a week: He was the ringleader of an elaborate doping scheme on a U.S. Postal Service team that swept him to the top of the podium at the Tour de France time after time.

"I'm a flawed character," he said.

Did it feel wrong?

"No," Armstrong replied. "Scary."

"Did you feel bad about it?" Winfrey pressed him.

"No," he said. "Even scarier."

"Did you feel in any way that you were cheating?"

"No," Armstrong paused. "Scariest."

"I went and looked up the definition of cheat," he added a moment later. "And the definition is to gain an advantage on a rival or foe. I didn't view it that way. I viewed it as a level playing field."

Wearing a blue blazer and open-neck shirt, Armstrong was direct and matter-of-fact; neither pained nor defensive. He looked straight ahead. There were no tears and very few laughs.

He dodged few questions and refused to implicate anyone else, but said it was humanly impossible to win seven straight Tours without doping.

"I'm not comfortable talking about other people," Armstrong said. "I don't want to accuse anybody."

Whether his televised confession will help or hurt Armstrong's bruised reputation and his already-tenuous defence in at least two pending lawsuits, and possibly a third, remains to be seen.

Either way, a story that seemed too good to be true — cancer survivor returns to win one of sport's most gruelling events seven times in a row — was revealed to be just that. THE ASSOCIATED PRESS

Medal stripped

The International Olympic Committee sent a letter to Armstrong on Wednesday night asking him to return the bronze medal he won at the 2000 Sydney Olympics.

Quoted

"This story was so perfect for so long. It's this myth, this perfect story, and it wasn't true."

Lance Armstrong after admitting he used performance-enhancing drugs

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TIME NOT ON FLAMES' SIDE

Players tasked with trying to win games while familiarizing themselves with their new coaches

Every NHL team wants to get out of the gates quickly in the mad dash for playoff berths this lockout-shortened season, but the Calgary Flames will have to try to win early and often with coaches they don't know.

Only Flames forward Alex Tanguay, who played for Bob Hartley in Colorado a decade ago, has more to go on than initial training-camp impressions of Calgary's new head coach.

What's more, assistants Jacques Cloutier and Martin Gelinas are also new this year. Goaltending coach Clint Malarchuk is the only member of the on-ice coaching staff back from last season.

"I know there's going to be some adjustments," captain Jarome Iginla said. "It's a different style as far as where we want to be, where we want our sticks to be, what we're forcing and what we're not. Once you get on the ice, you don't want to be thinking about it. You want to be going.

"I think we spend more time in the video room. We are cramming more. There is definitely a preparing-for-a-test type of thing. We're all trying to adjust to the new way and be good at it. We expect to be good when the puck drops."

Calgary opens the season Sunday at home against the San Jose Sharks, who will be followed into town by the Anaheim Ducks on Monday.

The Flames must familiarize themselves with their new coaches on the fly.

"This is the time where you try to give them as much information as possible," Hartley said. "We're going to get better. Whether in the video room or on the ice, those guys will grab what we're trying to accomplish."

Hartley's hiring last May was Calgary's fifth coaching change in seven years.

The Flames pried Hartley out of a contract with the Swiss league's Zurich Lions in hopes the 52-year-old from Hawkesbury, Ont., can ignite a franchise that hasn't made the playoffs in three years.

Quoted

"With hard work and passion, lots of times that can cause some great things to happen."

New Flames head coach Bob Hartley hopes his limited time with the team won't hold it back

Hartley said he and his assistants spent copious amounts of time with the digital versions of the Flames when they couldn't work with the real thing.

"For the entire length of the lockout, we were here all day every day looking at game tapes," Hartley said. "We looked at every player. We could watch full games, but we could also program into the computer that I would want to see the last 80 shifts of last season of Jarome and then the last 80 shifts of Mikael Backlund.

"We have a big base of information. Obviously now we have to learn to know them, learn to work with them, to communicate with them, but that's going to take time. Unfortunately time is against us right now, but you can't postpone the schedule. With hard work and passion, lots of times that can cause some great things to happen."

Hartley has to work with a similar team to that of his predecessors on the risk-averse Flames. The club opens the season again hoping to find a centre for Iginla on the right wing.

The Flames will ride 36-year-old goaltender Miikka Kiprusoff as far and as much as they can, although the 48-game schedule means the Finn will play less than 70 regular-season games for the first time in seven seasons.

Again, the Flames need secondary scoring to take the heat off Iginla's line and for 2007 first-round draft pick Mikael Backlund to assert himself more.

Defenceman Jay Bouwmeester is the NHL's current "Ironman" at 588 consecutive games played. He's a major minute-muncher, but the Flames want more offence out of a player that counts $6.6 million US against the salary cap.

While these have been ongoing themes with the Flames in recent years, off-season acquisitions Jiri Hudler and Roman Cervenka and defenceman Dennis Wideman pump some new and expensive blood into the lineup.

Hudler, a Stanley Cup winner with the Detroit Red Wings in 2008, signed as a free agent for four years and $16 million.

General manager Jay Feaster acquired the rights to 29-year-old Wideman from the Capitals before the defenceman entered free agency last summer.

The Flames signed the Kitchener, Ont., native to a five-year contract with an average annual value of $5.25 million, believing Wideman's puck skills can help produce offence from the back end.

Cervenka, 27, was pegged by Feaster as a top-six forward for the club when he announced the signing of the Czech forward to a one-year contract worth $3,775,000 including bonuses.

The question hanging over the club is the future of Iginla, the team's captain, franchise leader in most offensive categories and a Flame for all of his 15 years in the NHL.

The 35-year-old is in the fifth and final year of a contract that pays him $7 million annually.

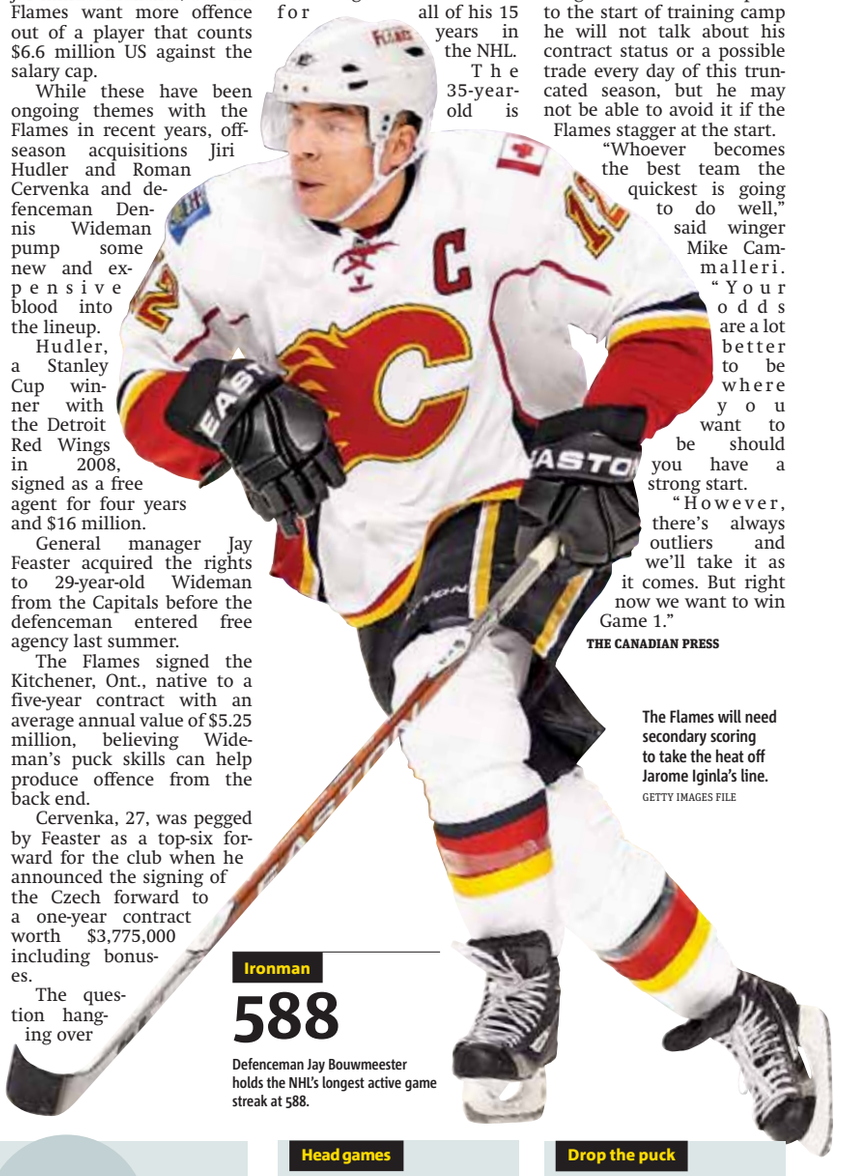
Iginla made it clear prior to the start of training camp he will not talk about his contract status or a possible trade every day of this truncated season, but he may not be able to avoid it if the Flames stagger at the start.

"Whoever becomes the best team the quickest is going to do well," said winger Mike Cammalleri. "Your odds are a lot better to be where you want to be should you have a strong start.

"However, there's always outliers and we'll take it as it comes. But right now we want to win Game 1."

THE CANADIAN PRESS

Alex Tanguay may feel comfortable with new Calgary Flames head coach Bob Hartley, having played for him before in Colorado, but his teammates have not had much time to get to know him. JEFF MCINTOSH/THE CANADIAN PRESS



The Flames will need secondary scoring to take the heat off Jarome Iginla's line. GETTY IMAGES FILE

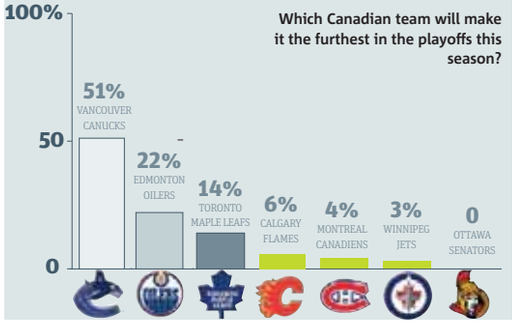
Ironman

588

Defenceman Jay Bouwmeester holds the NHL's longest active game streak at 588.

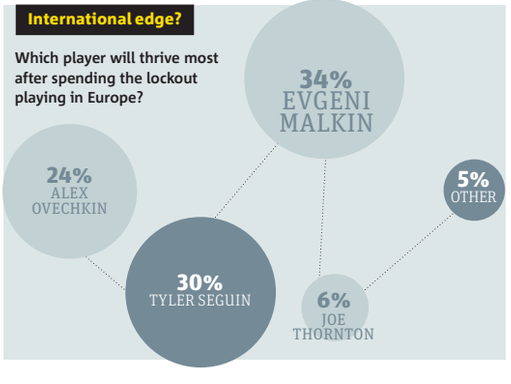
Metro readers' poll

Which Canadian team will make it the furthest in the playoffs this season?



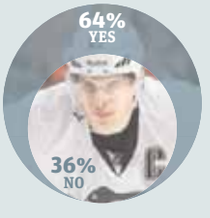
International edge?

Which player will thrive most after spending the lockout playing in Europe?



Head games

Will Sidney Crosby remain healthy for the full season?



Drop the puck

A look at the Flames' hectic first week of action:

- **Sunday.** Sharks at Flames, 4 p.m., (TBA).
- **Monday.** Ducks at Flames, 7 p.m. (TBA).
- **Wednesday.** Flames at Canucks, 8 p.m. (TBA).
- **Saturday.** Oilers at Flames, 8 p.m. (CBC).

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SATURDAY, FEB. 2
2 pm ET Buffalo @ Montreal
7 pm ET Boston @ Toronto
10 pm ET Chicago @ Calgary

SUNDAY, FEB. 3
2 pm ET Ottawa @ Montreal

SATURDAY, FEB. 9
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12 pm ET *Celebrating the Game*
2 pm ET Edmonton @ Detroit
2 pm ET Winnipeg @ Ottawa
5 pm ET *Celebrating the Game* (Part2)
7 pm ET Toronto @ Montreal
10 pm ET Calgary @ Vancouver

FRIDAY, FEB. 15
7 pm ET Pittsburgh @ Winnipeg

SATURDAY, FEB. 16
7 pm ET Ottawa @ Toronto
7 pm ET Philadelphia @ Montreal
10 pm ET Colorado @ Edmonton

SATURDAY, FEB. 23
7 pm ET Toronto @ Ottawa
7 pm ET New York Rangers @ Montreal
10 pm ET Minnesota @ Calgary

SATURDAY, MAR. 2
3 pm ET Washington @ Winnipeg
7 pm ET Pittsburgh @ Montreal
10 pm ET Los Angeles @ Vancouver

SATURDAY, MAR. 9
7 pm ET Pittsburgh @ Toronto
7 pm ET Montreal @ Tampa Bay
10 pm ET Calgary @ Los Angeles

SATURDAY, MAR. 16
7 pm ET Winnipeg @ Toronto
7 pm ET Montreal @ New Jersey
10 pm ET Detroit @ Vancouver

FRIDAY, MAR. 22
7 pm ET Washington @ Winnipeg

SATURDAY, MAR. 23
7 pm ET Boston @ Toronto
7 pm ET Buffalo @ Montreal
10 pm ET St. Louis @ Edmonton

SATURDAY, MAR. 30
7 pm ET Toronto @ Ottawa
7 pm ET New York Rangers @ Montreal
10 pm ET Vancouver @ Edmonton

SATURDAY, APR. 6
3 pm ET Philadelphia @ Winnipeg
7 pm ET Toronto @ New Jersey
7 pm ET Boston @ Montreal
10 pm ET Calgary @ Vancouver

THURSDAY, APR. 11
7 pm ET Montreal @ Buffalo

SATURDAY, APR. 13
7 pm ET Montreal @ Toronto
10 pm ET Calgary @ Edmonton

SATURDAY, APR. 20
7 pm ET Toronto @ Ottawa
7 pm ET Washington @ Montreal
10 pm ET Detroit @ Vancouver

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7 pm ET Montreal @ Toronto
7 pm ET Philadelphia @ Ottawa
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CBC

Northwest preview

The Vancouver Canucks, the top regular-season club the past two seasons, again rate as the team to beat in the Western Conference. While other squads try to introduce significant changes in a brief training camp, Vancouver has fewer on-ice worries:

THE CANADIAN PRESS

Calgary Flames

Last season: 37-29-16, 90 points, ninth in West.

Captain Jarome Iginla's future will be the biggest question surrounding the Flames. He is entering the final year of his contract, and the next one will likely be the last of his career. GM Jay Feaster must decide whether it's in the franchise's best interests to re-sign Iginla, 35, or trade him and use the proceeds to further a rebuilding process that is far from over.

Prediction: 14th in West.

Colorado Avalanche

Last season: 41-35-61, 88 points, 11th in West.

The Avalanche will continue a youth movement led by 20-year-old captain Gabriel Landeskog, the 2012 NHL rookie of the year. Like the Oilers, the Avalanche has a chance to reap big gains this season, but Colorado's core did not have the luxury of playing together during the labour dispute. It remains to be seen if the Avs have enough depth to make a strong run down the stretch.

Prediction: 13th in West.

Edmonton Oilers

Last season: 32-40-10,74 points, 14th in West.

The youth-laden Oilers stand to make the biggest improvement thanks to an unusual situation during the lockout.

A key part of their offensive core — Ryan Nugent-Hopkins, Taylor Hall, Jordan Eberle and rookie defenceman Justin Schultz — played together with the AHL's Oklahoma City Barons, a team that uses the same system as the Oilers in NHL-sized rinks.

Prediction: Eighth in West.

Minnesota Wild

Last season: 35-36-11, 81 points, 12th in West.

Many observers expect the Wild to leap up the standings after luring winger Zach Parise from New Jersey and defenceman Ryan Suter out of Nashville.

The Wild signed Parise and Suter to 13-year, $98-million US contracts, testing the theory that money can buy a championship team. Coach Mike Yeo is introducing a culture change. Such efforts can take a full season, if not longer.

Prediction: 12th in West.

Vancouver Canucks

Last season: 51-22-9, 111 points,1st seed in West.

The Canucks have become known for slow starts, but also possess the advantages of a veteran lineup, familiar playing system and proven coach in a shortened season. The most significant challenge is to find an adequate replacement for injured centre Ryan Kesler on the second line. The anticipated Roberto Luongo trade may help resolve that issue.

Prediction: 1st in West.

IT WAS NICE WHILE IT LASTED, BUT IT'S TIME FOR FLAMES TO MAKE TOUGH DECISIONS

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

Some of the lasting images of the NHL lockout involve stock footage of lawyer personalities coming and going from negotiation sessions. Gary Bettman nodding to cameras as he walked into a hotel boardroom. Donald Fehr smiling as he walked through a turnstile. In many video clips, Calgary Flames co-owner Murray Edwards is seen walking next to — and towering over — NHL commissioner Bettman.

Edwards was a central figure in negotiations for a collective bargaining agreement — The Hockey News ranked him No. 7 on the 100 People of Power and Influence list. I don't want to bore readers with CBA talk on the eve of hockey, but my point is, Bettman, working for Edwards and 29 other owners, took such a hard line against players because establishing an eight-year CBA in their vision is necessary for the NHL to continue to thrive.

Over the next 30 games or so, it will be interesting to see if Edwards can have the same influence on the future vision of the team he co-owns. While GM Jay Feaster is the one calling the shots, it's widely and accurately perceived that Edwards and team president Ken King have a say in the matter. Especially when it comes to Jarome Iginla, the aging face of the franchise, and to a lesser extent Miikka Kiprusoff.

If it's all about the greater good and setting things up for the future, like Edwards displayed on a league perspective, then the Flames will consider trading Iginla and Kiprusoff if Calgary is looking like an also-ran in this shortened season. Hanging on to a player on the cusp of unrestricted free agency and a goalie who may retire in a year or two just because they are central figures now is an irresponsible way to do business.

Time to pull the trigger

"Hanging on to Jarome Iginla on the cusp of free agency and a goalie who may retire in a year or two just because they are central figures now is an irresponsible way to do business."

This isn't about planting a stick of dynamite under the roster and blowing it up. Feaster deserves credit for making some key signings and adjustments the past couple of seasons. And his scouting staff has done a terrific job the past two drafts adding some important building blocks to a once-thin stockade of prospects. Make no mistake, Calgary is heading in the right direction. That's precisely why handling its diminishing assets in Iginla and Kiprusoff is so vital.

Edwards is very much a hawk among NHL owners. Let's hope he doesn't turn into a dove when it comes to suggesting or endorsing making difficult personnel decisions with the Flames. You can't build the future on nostalgia.

Three Flames to watch

Sven Baertschi

Baertschi comes with sterling credentials — he ripped up the WHL for two points per game, had three goals in five NHL games last season and was a star in the AHL the first half of this season. The key is getting him among Calgary's top six forwards with premium power play time.

1

Roman Cervenka

Still has to deal with blood clot issues, but once they're in order, like Tomas Fleischmann dealing with blood thinners last year, Calgary has a centre capable of front-line minutes. He's older than most rookies at 26, but he was a proven producer in Europe.

2

Jiri Hudler

Will provide secondary scoring from the second or third line and also ease the adjustment period for fellow Czech Cervenka. Critics claim the Flames spent too much on him ($16 million over four years), but new coach Bob Hartley will appreciate his puck skills in an up-tempo attack.

3

Ready to return

Canadian hockey fans loyal to NHL, survey finds

NHL commissioner Gary Bettman's assessment of the loyalty of hockey fans appears to be borne out by a new poll, at least for the hardcore north of the 49th parallel.

The Canadian Press Harris-Decima survey suggests a strong majority of Canadian hockey followers will keep watching when NHL games return this weekend after a three-month lockout by team owners.

The poll found that two out of three respondents — 66 per cent — say they'll watch about the same amount of hockey as in the past, while just under one in four — 23 per cent — say they'll watch less.

"I think the poll supports the conventional wisdom of the fans, that the lockout has hurt the game," said pollster Allan Gregg, chairman of Harris-Decima.

"Who it's going to really, really hurt is the occasional fan, and that's not an insignificant chunk of the total population."

The NHL's third lockout in 20 years prompted a lot of loud complaints that the game's best customers were being taken for granted and led to threats of fan boycotts.

Yet among the most avid NHL followers, the survey found that 69 per cent said they'll watch about the same amount of hockey.

THE ASSOCIATED PRESS

Television

Grapes pulling overtime on HNIC

The 60th season of Hockey Night in Canada kicks off this weekend with twice as much Grapes and plans for a cross-country tour.

The long-delayed return of the Saturday night staple will feature an expanded in-studio panel of analysts, plans to visit each of the seven Canadian NHL cities, and an extra dose of Don Cherry commentary that will air during the later game out of the West.

The tweaks are all meant to make Hockey Night in Canada a more truly national broadcast, said host Ron MacLean.

"We met with the seven Canadian NHL team presidents last year and they thought, 'Is there more you can do? We just feel like we don't get enough of Hockey Night in Canada because it all happens out of the CBC building in Toronto.'"

THE CANADIAN PRESS

Not all teams fearing jam-packed sked

Cram session. Teams relying on experience and familiarity to combat half-season

The 48-game sprint of a hockey season hasn't even started, and NHL players are already winded.

There is very little in terms of a blueprint on how to prep for a lockout-shortened season that will be crammed into just 99 days after less than a week of training camp.

But ready or not, the puck will drop on Saturday and there is a small margin of error as every game now carries extra weight.

"It's not a grind. We want this," said Columbus Blue Jackets president of hockey operations John Davidson, a former NHL goalie. "We've been waiting months for this, to have this puck drop and hear the skates, bodies banging and guys with lots of energy.

"Coaches have had months and months and months to get ready. It's all good."

Teams aren't flying completely blind because this is the second time a long NHL lockout forced a season to be cut from 82 games to 48 per team. Back in 1995, the New Jersey Devils and Detroit Red Wings made the most of their opportunities and reached the Stanley Cup final.

Quoted

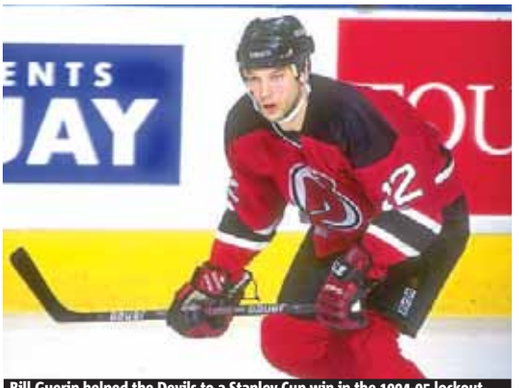
"I remember going into it, you just thought every game meant so much."

Sabres coach Lindy Ruff, remembering his time as a Panthers assistant coach during the 1994-95 lockout-shortened season.

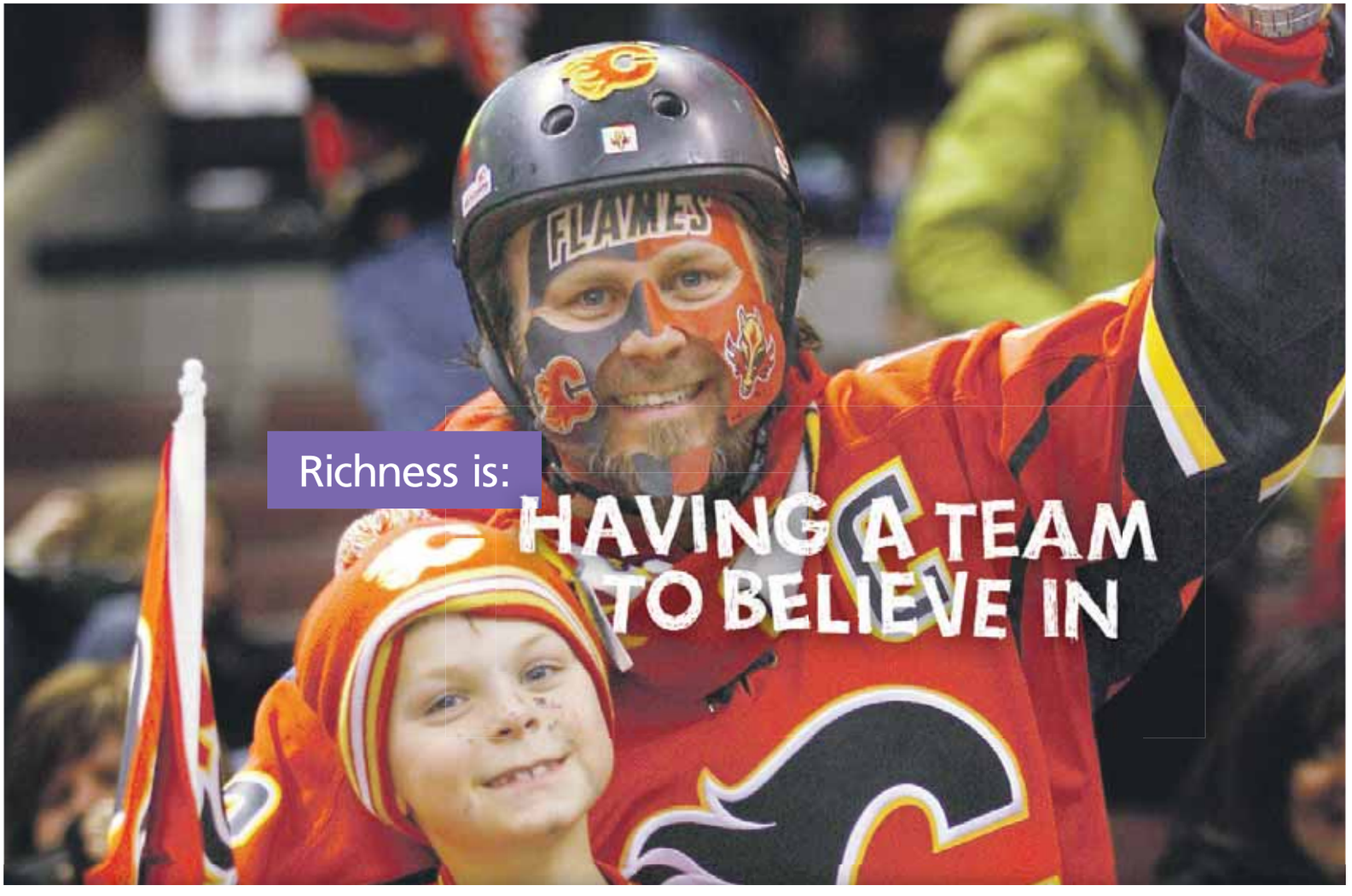
"It feels like we just came out of an all-star break or something like that. We've got the same team," Phoenix Coyotes coach Dave Tippett said. "The guys understand what we're trying to do. We don't have to put a lot of time explaining terms or what we're going to do."

The Pittsburgh Penguins are trying to tap into the past to get a leg up now. Player development coach Bill Guerin was a member of those 1995 Devils, who got into the playoffs as the No. 5 seed in the Eastern Conference and rode the wave to a sweep of the Red Wings in the final.

"They didn't start well. They were starting under .500 their first segment," Penguins coach Dan Bylsma said. "They were a team that did have a lot of veteran experience, and we've talked to Billy about his experience and how the team came back and how they rotated players in and out of the lineup, how the goalie was played, what the talk in training camp was." THE ASSOCIATED PRESS



Bill Guerin helped the Devils to a Stanley Cup win in the 1994-95 lockout-shortened season. Now Guerin is passing along that wisdom as player development coach of the Penguins. ROBERT LABERGE/ALLSPORT FILE



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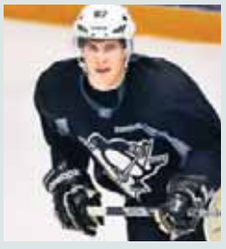
Exceptional expectations

The puck drops on Saturday. Here is a look at six NHLers to watch this season:

THE CANADIAN PRESS

Photos by The Canadian Press/The Associated Press/Getty Images

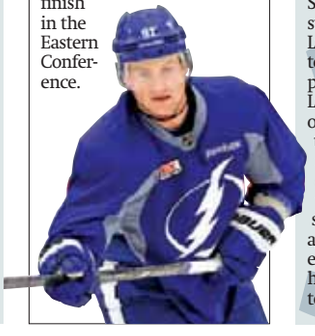


1 Sidney Crosby

Sid's not a kid anymore. The Penguins centre is 25 now and hoping to stay healthy this year. Crosby missed most of the last two seasons due to post-concussion syndrome. The 2007 Hart Trophy winner posted impressive numbers in limited action last season, recording 37 points in just 22 games. Crosby says he's no longer dealing with the headaches that plagued him the last few years. He'll be counted on to anchor a Pittsburgh team that could be a force in the Eastern Conference.

2 Steven Stamkos

Stamkos has been a rock for Tampa Bay since the Lightning selected him with the first overall pick of the 2008 NHL Entry Draft. He had 46 points in his rookie campaign before blossoming in his sophomore season with 51 goals and 95 points. Stamkos has kept up that stellar pace with 91 points in 2010-11 and a career-best 60 goals and 97 points last season. The young centre will need to step up again if the Lightning are to improve on their 10th-place finish in the Eastern Conference.



3 Cory Schneider

The goaltending drama is an evolving soap opera in Vancouver and it's showing no signs of slowing down. Schneider took over the starting spot from Roberto Luongo and is a good bet to see the bulk of the playing time this season. Luongo may be on his way out of Vancouver, with the Toronto Maple Leafs rumoured to be a potential destination. Schneider posted a 20-8-1 record last season with a 1.96 goals-against average. He'll be eager to prove he deserves his status as the team's go-to guy in net.

4 Rick Nash

The Broadway spotlight will be shining on the five-time all-star forward, who finally gets a crack at playing for a contender after years of toiling in Columbus. Nash was dealt to the Rangers last summer and could be the piece that gets New York over the hump. The Rangers were the top seed in the East last year but lost to New Jersey in the conference final. The 28-year-old has scored at least 30 goals in each of the last five seasons. The middling New York offence could use that scoring punch.

5 Zach Parise

Minnesota landed top free agents Parise and Ryan Suter in the off-season and signed them to whopping $98-million US, 13-year deals. Season-ticket sales went up along with expectations. The Wild have missed the playoffs for four straight seasons. Parise gives the team a consistent offensive weapon and he thrives when the pressure is on. The American left-winger was a top player on the 2010 and had 15 playoff points in New Jersey's run to the Stanley Cup final last year.

6 Henrik Zetterberg

Talk about big shoes to fill. Zetterberg will wear the "C" for the Detroit Red Wings after previous captain Nicklas Lidstrom announced his retirement. Zetterberg has previously served as an alternate captain for Detroit and is coming off a team-leading 69-point campaign. The steady Swedish forward isn't expected to change his leadership style — he plans to pick his spots and speak up when necessary. Zetterberg's main goal is leading the Red Wings to the playoffs for the 22nd straight season.

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Certain goals may seem to be out of your reach but they are not. The planets are urging you not just to aim high but to aim higher than ever before. All things are possible if you want them enough.

Taurus
April 21 - May 21
You seem reluctant to put your point of view across. Why is that? If you have something of value to say, you have not just a right but a responsibility to speak up. So speak up.

Gemini
May 22 - June 21
It may appear as if someone you work or do business with has been cheating you but can you be sure? The planets warn you cannot trust your senses today, so err on the side of caution and don't make accusations.

Cancer
June 22 - July 23
You won't have any trouble getting others to back your ideas today but you may be in trouble later on if they don't work out the way you expected. For that reason alone make it clear there are no guarantees.

Leo
July 24 - Aug. 23
Some kind of habit is holding you back and it's time you got past it. Simply stopping won't do it — you've tried that before. The trick is to replace a bad habit by a good habit.

Virgo
Aug. 24 - Sept. 23
Avoid poking fun at people in positions of power, no matter how tempting it may be. Laughter is only the best medicine if it is the kind that everyone can share in. Anything else could be dangerous today.

Libra
Sept. 24 - Oct. 23
Don't take what you are told at face value. Check the facts for yourself. What others say may sound convincing but more likely it's just self-serving. Do your homework and avoid making costly mistakes.

Scorpio
Oct. 24 - Nov. 22
You may be resentful that changes of one sort or another have been forced on you but there is no point making a fuss. The best you can do is to go with the flow and not draw attention to yourself.

Sagittarius
Nov. 23 - Dec. 21
Resist the temptation to talk up the facts as others may see that as a form of deception. It may be easy enough to do but in the long-term you will regret it. Protect your reputation for honesty at all costs.

Capricorn
Dec. 22 - Jan. 20
The planets warn that your powers of intuition are on the blink and not to be trusted, at least for the next 24 hours. Stick to what you know to be true and in other matters be exceptionally cautious.

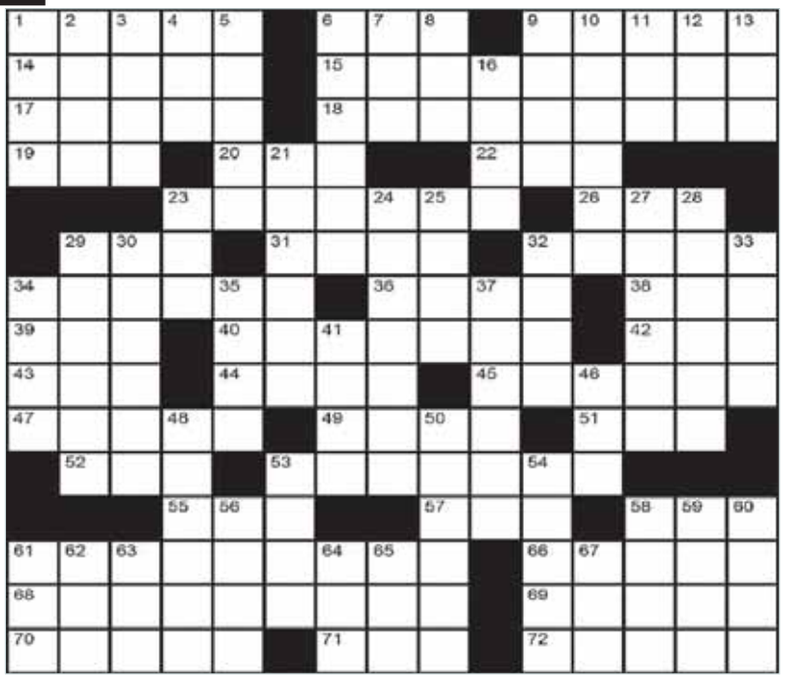
Aquarius
Jan. 21 - Feb. 19
Try not to let your fears get out of hand over the next 24 hours. Take your mind off your worries by focusing on all the things you have to be thankful for. That should keep you busy for a while.

Pisces
Feb. 20 - March 20
Those who think highly of you will help you out in any way they can today, but first you must ask. The Sun's link to communications planet Mercury means your wish is their command. So wish away.

SALLY BROMPTON

Crossword: Canada Across and Down

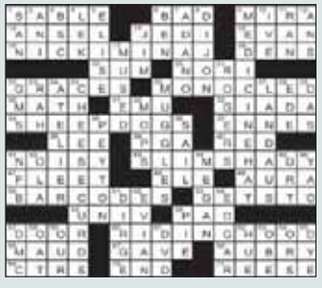
BY KELLY ANN BUCHANAN



Across
1. Toronto __ Centre
6. Task
9. "__ la vista, baby." - The Terminator
14. CBC's "Republic of __"
15. BC's Revelstoke, for one: 2 wds.
17. Taylor Swift's "_ __ You Were Trouble"
18. On the costume of Bruce Wayne's alter ego: 2 wds.
19. 'Legal' suffix
20. Extinct bird
22. "The Simpsons" storekeeper
23. Reporter on "etalk", Traci __
26. Got [abbr.]
29. Jolt
31. Herring-like fish
32. Open court hearings
34. Formula
36. Endorse
38. Mr. Reed
39. __-locka, Florida
40. Ducks city
42. 'Serpent' suffix
43. Psychedelic†drug
44. Not is
45. __, Nova Scotia
47. Pretend
49. Destiny's Child hit: "Say My __"
51. Bronze Roman money
52. 'Part' add-on (Collaborator)
53. "Deuce __: Male Gigolo"
55. Green tropical fruit ...partially eaten here
57. Irish actor Stephen
58. Li'l accounting review
61. Green-haired Canadian icon: 3 wds.
66. Jennifer or Meg
68. The Glass __ (Tennessee Williams play)
69. US Supreme Court Justice Ms. Kagan
70. Fraternity letter
71. Wine aperitif
72. Singer/songwriter Sarah

Down
1. Ms. Falco
2. Says it's hunky-dory
3. Actress Ms. Daly
4. Grand Opry link
5. "Brand __ __" by Alicia Keys
6. German composer, in brief: _._. __ (b.1685 - d.1750)
7. Quebec-made cheese
8. Smidgen
9. Rope fiber
10. Bruce Springsteen album: 'Greetings from __ Park N.J.'
11. Pine-__
12. Green Day drummer, __ Cool
13. 24-hr. banker
16. Back
21. Mary-Kate and Ashley
23. Hosp. picture
24. Twitter's #
25. Garfield's pal
27. Chanteuse Ms. Dion
28. Pilotless aircrafts
29. Carly Rae __
30. Evangeline: A Tale of __ (Henry Wadsworth Longfellow poem)
32. Les Miz song: "__ Own": 2 wds.
33. Chop __
34. Massage for therapy
35. Rapper T-__
37. Ms. Bundchen
41. Years, in old Rome
46. Stealing bird
48. Alexander __ Bell
50. Sharpie product
53. Music systems company
54. Hall & __
56. "Luka" singer Suzanne
58. Helm position
59. Forearm bone
60. Ms. Cannon
61. First aid team [acronym]
62. Agnus __ (Mass prayer)
63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. __-advised

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9								1
	4	6				9	3	
			5	1	9			
		2	9	4	3	1		
7	3						2	9
		9	2	8	7	3		
			7	2	4			
	8	7				5	4	
6								2

Yesterday's Sudoku

4	9	1	8	6	2	5	7	3
6	2	5	3	4	7	8	1	9
8	7	3	9	5	1	6	2	4
3	1	9	4	7	5	2	8	6
5	6	7	2	8	3	4	9	1
2	4	8	6	1	9	7	3	5
7	3	6	5	9	8	1	4	2
1	5	2	7	3	4	9	6	8
9	8	4	1	2	6	3	5	7

Weather

TODAY	SATURDAY	SUNDAY
MAX: 6° MIN: 2°	MAX: -1° MIN: -11°	MAX: -8° MIN: -12°

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GOD IS FAITHFUL

"Instead of their shame my people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs. 'For I, the Lord, love justice; I hate robbery and iniquity. In my faithfulness I will reward them and make an everlasting covenant with them". (Isaiah 61:7-8) God loves you but He loves you too much to allow you suffer shame and reproach. Be rest assured that you are coming out of that joblessness, debt, sickness, and marital problems in Jesus name because He is an ever faithful God.

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PUBLIC NOTICE.

BIG 4 MOTORS NEW YEAR SALE ENDS JAN 31.

CALGARY- Big 4 Motors, Calgary's Original Jeep Store is in the final days of their annual "New Year Cleanup" Sale. Until the end of January, 2013 all pre-owned models have been marked down to once-a-year prices. "This is one of Calgary's best pre-owned sales of the year, says Big 4 Pre-Owned Manager, Han Kim. "We have marked down all our models to near wholsale prices so we can clear our lot for upcoming trade-ins and fleet buybacks this year." For more details contact Big 4 Motors at (403) 451-6193 or see their entire used inventory at www.big4motors.com. Be quick, as these units will be sold or liquidated January 31st. No dealers please.

Just a Sample of Big 4's New Year Sale Offers.

STOCK	VEHICLE MAKE/MODEL/MY	KM'S	PRICE
13J054B	2009 JEEP WRANGLER 2DR 4X4 LEATHER AUTO HARD TOP SILVER	51,800 KM	SOLD!
13J042AA	2009 SUZUKI SX4 AWD MANUAL ORANGE	90,000KM	$11,998
B2513	2012 DODGE JOURNEY SXT V6 7 PASSENGER GREY	37,200KM	$22,998
B2484	2009 CHEV IMPALA LTZ LEATHER/ROOF BLUE	72,500KM	$14,998
B2527	2010 CHRYSLER 300C LEATHER/ROOF BLACK	60,100KM	$21,998
12J372A	2011 KIA SOUL AUTO WHITE	78,150KM	$13,998
B2479	2011 CHRYSLER 200 S AUTO V6 LEATHER/ ROOF WHITE	16,000KM	$23,998
12T663A	2006 JEEP LIBERTY SPORT 4X4 AUTO RED	124,600KM	$11,998
B2524	2006 DODGE DURANGO SLT 4X4 HEMI SILVER	96,160KM	$14,998
12T576AA	2007 DODGE RAM2500 4X2 QUAD LONG BOX WHITE	157,931KM	$13,998
12T016A	2008 JEEP PATRIOT 4X4 NORTH EDITION BLUE	96,432KM	$12,998
12T106A	2008 DODGE RAM2500 DIESEL 4X4 QUAD SILVER	98,010KM	$34,998
12T372A	2008 DODGE GR.CARAVAN STOW & GO BLUE	143,400KM	$11,998
13J089A	2008 JEEP GR.CHEROKEE DIESEL LEATHER/ ROOF SILVER	73,551KM	$25,998
13T081A	2008 DODGE GR.CARAVAN STOW & GO ORANGE	169,900KM	$11,998
B2451A	2008 DODGE GR.CARAVAN STOW & GO BLUE	143,400KM	$11,998
13J013A	2011 JEEP WRANGLER 2DR LEATHER AUTO BLACK LOW KM	3,700KM	$26,998
12T004A	2009 DODGE JOURNEY SE AUTO GREY	33,307KM	$12,998
12T576A	2009 DODGE RAM2500 DIESEL 4X4 QUAD WHITE	151,100KM	$29,998
12T724A	2009 DODGE RAM2500 4X4 HEMI WHITE	75,000KM	$23,998
13C025A	2009 JEEP WRANGLER 2DR 4X4 AUTO LEATHER HARD TOP	51,800KM	$19,998
13J071A	2009 JEEP GR.CHEROKEE 4X4 AUTO BLACK	55,895KM	$21,998
13T139A	2009 RAM1500 4X4 CREW CAB HEMI LT. BROWN	94,000KM	$22,998
B2473A	2009 DODGE JOURNEY SE AUTO BLACK	81,560KM	$12,998
12T030A	2010 DODGE GR.CARAVAN SXT PLUS LEATHER/ NAVI/ DVD BLUE	75,195KM	$20,998
12T536A	2010 DODGE RAM1500 4X4 QUAD HEMI BLUE	41,456KM	$21,998
12T699A	2010 NISSAN PATHFINDER 4X4 AUTO SILVER	80,000KM	$27,998
12T705A	2010 DODGE RAM1500 SLT 4X4 HEMI CREW CAB SILVER	64,200KM	$26,998
13T042A	2010 JEEP PATRIOT 4X2 MANUAL RED	23,000KM	SOLD!
13T085A	2010 DODGE JOURNEY SXT AUTO BLACK	65,766KM	$15,998
B2476	2011 RAM 1500 4X4 HEMI CREW CAB BLUE	27,500KM	$27,998
B2499	2010 DODGE GR.CARAVAN STOW & GO BLACK	83,900KM	$15,998
13T070A	2011 DODGE RAM1500 4X4 HEMI CREW CAB BROWN	80,192KM	$28,998
12J537A	2011 JEEP GR.CHEROKEE 4X4 AUTO V6 WHITE	28,501KM	SOLD!
12J542A	2011 JEEP GR.CHEROKEE OVERLAND HEMI SILVER	34,500KM	$42,998

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